



CARAMELIZED VEGGIE KEBABS

with Summer Corn Relish and Couscous

VEGGIE



HELLO CORN RELISH

This sweet and tangy summer condiment is so easy to make in your own kitchen

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 504



Wooden Skewers



Red Bell Pepper



Zucchini



Plum Tomato



Garlic



White Wine Vinegar



Dijon Mustard



Italian Seasoning



Cremini Mushrooms



Corn Kernels



Couscous

BUST OUT

- Shallow Dish
- Small Bowl
- Silicone Brush
- Baking Sheet
- Medium Pan
- Small Pot
- Measuring Cups
- Sugar (1 tsp | 2 tsp)
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

• Wooden Skewers	1 pkg (6 unit)	2 pkg (12 unit)
• Red Bell Pepper	230 g	480 g
• Zucchini	227 g	454 g
• Plum Tomatos	260 g	520 g
• Garlic	1 pkg (10 g)	2 pkg (20 g)
• White Wine Vinegar 9	1 bottle (2 tbsp)	2 bottle (4 tbsp)
• Dijon Mustard 6,9	1 pkg (1 tbsp)	2 pkg (2 tbsp)
• Italian Seasoning	1 pkg (1 tbsp)	2 pkg (2 tbsp)
• Cremini Mushrooms	1 pkg (227 g)	2 pkg (454 g)
• Corn Kernels	1 pkg (113 g)	2 pkg (227 g)
• Couscous 1	1 pkg (113 g)	2 pkg (227 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

0 Seafood/Fruit de Mer	5 Tree Nut/Noix
1 Wheat/Blé	6 Mustard/Moutarde
2 Milk/Lait	7 Peanut/Cacahuète
3 Egg/Oeuf	8 Sesame/Sésame
4 Soy/Soja	9 Sulphites/Sulfites

START STRONG

Preheat the broiler to **high** (to broil the veggies).



1 PREP

Soak the **skewers** in a shallow dish of water. **Wash and dry all produce**. Core, then cut the **bell pepper(s)** into 1-inch cubes. Cut the **zucchini** into 1-inch rounds. Cut the **tomatoes** into 1/2-inch pieces. Mince or grate the **garlic**.



4 MAKE RELISH

Meanwhile, heat a medium pan over medium-high heat. Add a drizzle of **oil**, then the **tomatoes** and **corn**. Cook until the tomatoes breaks down and the relish starts to thicken, 4-5 min. Stir in the **sugar**, **remaining vinegar** and **remaining Dijon**. Season with **salt** and **pepper**.



2 MAKE MARINADE

In a small bowl, combine the **garlic**, **1/2 bottle vinegar** (1 bottle for 4 people), **half the mustard**, as much **Italian seasoning** as you like and a drizzle of **oil**. Season with **salt** and **pepper**.



5 COOK COUSCOUS

Meanwhile, in a small pot, bring **3/4 cup salted water** (double for 4 people) to a boil. Remove from the heat and add the **couscous**. Cover with a lid and let stand for 5 min.



3 ASSEMBLE SKEWERS

Thread the **peppers**, **zucchini** and **mushrooms** onto the **skewers**. Arrange them on a foil-lined baking sheet. Brush the **marinade** over the skewers. Bake in the centre of the oven, turning the skewers halfway through cooking, until golden-brown, 13-14 min.



6 FINISH AND SERVE

Fluff the **couscous** with a fork. Divide the couscous between plates, top with the **relish** and **veggie skewers**.

RAINBOW BRIGHT!

This veggie medley will add colour to your day.