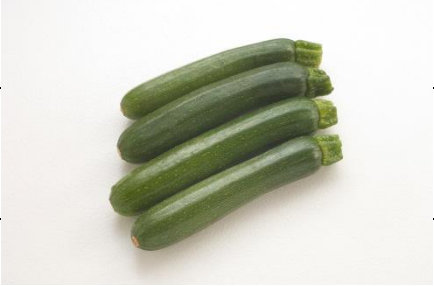
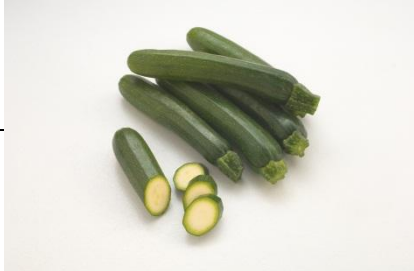


## Courgette

<b>Store</b>	In a plastic bag in the refrigerator for 4- 5 days	
<b>Prepare</b>	<ul style="list-style-type: none"> <li>• Top and tail courgettes and wash in water</li> <li>• Slice into rounds, large dice or in lengths</li> </ul>	
<b>Cook</b>	<ul style="list-style-type: none"> <li>• Steam over boiling water for 3 minutes until tender</li> <li>• Microwave with a little water in covered dish for 2 minutes on high</li> <li>• Pan fry in 1 Tablespoon of oil with crushed garlic for 2-4 minutes</li> <li>• BBQ cut courgettes cut in ½ lengthwise and brushed with a little olive oil</li> </ul>	
<b>Add Flavour</b>	<ul style="list-style-type: none"> <li>• Add a tin of Italian or Indian flavoured tomatoes to pan fried courgettes</li> <li>• Add diced courgette to tinned pasta sauce to make quick spaghetti topping</li> </ul>	
<b>Vege Up</b>	<ul style="list-style-type: none"> <li>• Add to stir fry mixtures, soups, frittatas and quiches</li> <li>• Grate into mince mixtures to make meat loaves or meat balls</li> <li>• Add courgettes to vegetable platters</li> </ul>	

## Recipe Ideas

	<p><b>Courgette Salad</b></p> <p>1 kg courgettes, in large dice                      200g baby new potatoes, halved          ⅓ cup oil    2 tablespoons lemon juice          1 clove garlic, crushed                              1 cup flat leaf parsley          250g cherry tomatoes, (or halved / quartered large tomatoes)</p> <p>Steam courgette and potatoes separately until tender, drain.          Combine warm vegetables with remaining ingredients.          Serve warm or chilled.</p>	
<b>Salad</b>		
	<p><b>Courgette and Corn Fritters</b></p> <p>½ cup low fat milk                                      ¾ cup flour          2 eggs, beaten lightly                                  210g can creamed corn          2 medium courgettes grated</p> <p>Combine milk, flour and egg in bowl and whisk until smooth.          Add corn and courgette and mix well.          Heat 1 teaspoon oil in large frying pan then, add heaped tablespoons of batter.          Cook for about 2 minutes then turn them over and cook on the other side.          Serve them with tomato slices, mashed avocado or whatever you have on hand.</p>	
<b>Cooked</b>		