

***Eat well with The Headingley Greengrocer  
No. 5***



## **Courgettes**

Courgettes can be eaten raw in salads or cooked: steamed, stir-fried, pan fried, deep fried, griddled, roasted, stuffed or pickled. Courgettes can be a great addition to a green soup, just add onion & potatoes to thicken it. They can also be added to bread and make fantastic cakes and muffins. There's no need to peel, just wash and use all the vegetable.

**Steamed:** courgettes make a great low carbohydrate substitute for pasta- just spiralise or peel into ribbons, steam for a few minutes until soft and serve with your favourite pasta sauce.

**Salads:** either coarsely grate or peel ribbons with a potato peeler. Delicious served with a **lemony** dressing with a little finely sliced **red onion** and some **mint leaves**. Add **soft cheeses, herbs** and toasted **pine nuts** for some crunch.

### **Roasted Mediterranean Vegetables**

Chop **courgettes, peppers, red onions, aubergine** into large chunks, sprinkle over some **oregano** or **thyme**, drizzle with **olive oil**, put in a single layer in a roasting tin and bake in a hot oven for 30 mins until the veg is cooked through and a little charred at the edges. You could add some unpeeled **cloves of garlic**. After cooking, squeeze out the flesh and mix into the veg.

### **Courgette, Pea and Feta Cheese Frittata**

2 tbs olive oil, 2 medium courgettes, 50g frozen peas, 2 tbs chopped fresh mint, 2 tbs chopped fresh parsley 6 eggs, 100g feta cheese

Lightly beat the **eggs**, thinly slice the **courgettes** and break the feta **cheese** into small cubes. Heat the oil in a large (22cm / 8 inch) non-stick frying pan, fry the courgettes until soft. Add the **eggs, peas and herbs** and season with salt and pepper. Crumble over the feta and cook on a gentle heat for 3-5 mins until set. Finish off under the grill if necessary. Leave in the pan until needed. Can be eaten hot, warm or room temperature.

### **Courgette Cake**

335gr courgettes, 300gr self-raising flour, 1/2 teaspoon bicarbonate of soda, 1 teaspoon baking powder, 2 limes, 3 eggs, 135ml vegetable oil, 200gr caster sugar.

Preheat oven to gas 4/180c/160 fan. Grease and baseline a 20cm cake tin or 2 x 20cm sandwich tins. Grate the courgette, including the skin, put in a sieve and squeeze out the moisture. Zest the limes. Beat the oil, sugar and eggs together in a large bowl with an electric hand mixer for 2-3 minutes, until light and fluffy. Sift in the flour, bicarbonate of soda and baking powder and fold into the mixture. Fold in the grated courgette and lime zest. Pour into the cake tin and bake for 40-50 mins, (20mins if using 2 tins) until golden brown and a skewer inserted into the middle of the cake comes out clean. Let the cake cool a little in the tin, then turn out onto a wire rack. Spread on some lemon curd or cream cheese frosting and sandwich the cake together. Juice the limes, add about 3 tablespoons of sugar and drizzle over the top of the cake.

***Enjoy! All the ingredients can be found at the Headingley Greengrocer and at our sister shop opposite, the Natural Food Store.***

<https://theheadingleygreengrocer.co.uk/>



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*Produced by Sarah Freeman for the Headingley Greengrocer*