

View from the Fridge – Recipes from Brian Donkin

Recipe # 19 – Courgettes with Garlic

Preparation time: 2 mins – Cooking time: 2 mins

Ingredients

2 small firm courgettes
1 large clove of garlic
2 tablespoons of olive oil
salt and pepper

Method

1. Peel and smash garlic, then chop with salt until it is a paste.
2. Peel 3 strips length-wise from each courgette so that each one has green and white stripes. Top and tail courgettes then slice thickly.
3. Pre-heat frying pan over a hot heat and add all ingredients at the same time.
4. Cover with lid, occasionally stirring for 2 minutes.

Serves 3

