

Recipes and Tips



Courgette Parmisan

6 – 8 servings

- 4 medium courgettes
- big spoonful of flour
- 2 eggs, beaten
- 2 pig spoonfuls of breadcrumbs
- 4 cups tomato sauces
- 1 lb mozzarella cheese, grated or thin slices
- 1 cup parmesan cheese, grated

Slice the courgettes $\frac{3}{4}$ inch thick.

Have three shallow dishes ready with the flour, beaten egg and breadcrumbs. Dip the slices in flour, then egg, then breadcrumbs. Fry in olive oil on each side until brown and easily pierced with a fork.

In an oiled 9 x 13 inch pan, layer the courgettes with the sauce and cheeses.

Bake for 30-40 minutes uncovered at 180°C in a fan assisted oven. Cover with foil for last 10/15 minutes if needed.

Let is for 10 minutes before serving