

Recipes and Tips



Sweet and sour courgettes

Serves 4

500g courgettes, cut into disks

1 clove garlic

2 tablespoons olive oil

3 tablespoons wine vinegar

3 tablespoons water

3 tablespoons pine nuts (or chopped almonds)

30 g raisins or sultanas

Salt and pepper

Use a wide pan for this recipe. Simmer the garlic in oil gently for 2 minutes, and then put in the courgettes. Keep them moving about until coated and beginning to colour lightly. Pour in the vinegar and water and cover with the lid. Simmer for 10 minutes.

Add the nuts and dried fruit to the courgettes, raise the heat and cook without covering until the courgettes are bathed in a little sauce and cooked. Keep stirring.

Serve hot, warm or cool. If you're lucky, you have made too much and can have the rest the next day as part of your lunch.