

Courgette Ribbon Salad

This tastes best when courgettes are in season in the summer.



Sulphites*

Nutritional information per portion (55g):

Energy 298kJ 71kcal 4%	Fat 7.1g 10%	Saturates 1g 5%	Sugars 0.8g 1%	Salt <0.01g 0%
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of an adult's reference intake.
Typical values per 100g: energy 542kJ/129kcal.

Equipment

Chopping board
Sharp knife
Vegetable peeler
Serving plate
Garlic crusher
Small bowl
Measuring spoons
Whisk

Ingredients

Serves 4 as a side dish
2 courgettes
2 x 15ml spoons olive oil
1 x 15ml spoon balsamic vinegar
1 clove garlic
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Wash and trim the courgettes. Using a vegetable peeler, slice lengthways to make thin ribbons of courgette. Lay them on a plate.
2. Crush the garlic into a bowl, measure in the olive oil, balsamic vinegar and black pepper to taste (if using). Whisk together.
3. Tip over the courgette ribbons. Let them soak up the flavours.

Something to try next time

- For a winter courgette salad, cut slightly thicker lengths of trimmed courgette using a sharp knife. Heat 1 x 5ml spoon of olive oil in a griddle pan until smoking. Brush the vegetables with a little olive oil. Griddle until marked on each side. Tip them onto a plate and squeeze over a little lemon juice (about 1 x 5ml spoon).

Prepare now, eat later

- This salad will keep covered in the fridge for up to 24 hours.

Skills used include:

Washing, measuring, peeling, crushing and whisking.