

Courgette Bake

This makes a tasty, colourful side dish that can be served with many main meals.



Nutritional information per portion (147g):

Energy 403kJ 96kcal 5%	Fat 8g 11%	Saturates 1.9g 9%	Sugars 3.7g 4%	Salt 0.02g 0%
--	--------------------------------	---------------------------------------	------------------------------------	-----------------------------------

of an adult's reference intake.
Typical values per 100g: energy 274kJ/65kcal.

Equipment

Colander
Chopping board
Sharp knife
Garlic press
Large shallow ovenproof dish
Measuring spoons
Kitchen foil
Pan stand
Oven gloves

Ingredients

Serves 4 as a side dish
3 courgettes
3 tomatoes
2 cloves garlic
2 x 15ml spoons olive oil

*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. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Wash the courgettes and tomatoes.
3. Slice the courgettes into discs about the thickness of a f1 coin.
4. Chop the tomatoes into small 1–2cm cubes.
5. Peel and crush the garlic.
6. Arrange the courgette slices over the base of the ovenproof dish.
7. Sprinkle with the tomatoes and garlic.
8. Drizzle over the olive oil.
9. Cover with foil and bake for 20–25 minutes. Remove the foil for the last 5 minutes if you want a crispy top.

Something to try next time

- Replace the fresh tomatoes with canned tomatoes.
- Top with 50g of grated reduced-fat Cheddar cheese.

Prepare now, eat later

- Prepare the vegetables and store in the fridge in plastic containers or bags for up to 24 hours.
- Cool and store in the fridge for up to 3 days. Try using any leftovers to make Vegetable Soup (a recipe for this is available on our website).

Skills used include:

Washing, peeling, chopping, crushing and baking.