

Marinated courgettes with mozzarella

Rating



added by River Cottage Veg Every Day! to the River Cottage Community
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Taken from River Cottage Veg Every Day! This recipe also features in the River Cottage Veg TV series

Prep time

5 mins

Cook time

5 mins

Servings

2

Ingredients

- 4 medium courgettes (about 500g)
- 5 tablespoons extra virgin olive or rapeseed oil
- 1 large clove garlic, finely slivered
- Finely grated zest of 1 lemon, plus a little juice
- A handful of mint or basil, roughly torn
- 1 ball of buffalo mozzarella (about 125g), or other mild, soft cheese
- Sea salt and freshly ground black pepper

Directions

Top and tail the courgettes, then cut them lengthways into thin slices, 1–2mm thick. Put them in a bowl with 2 tablespoons of the oil and use a pastry brush to get them all lightly coated.

Heat a large non-stick frying pan over a fairly high heat. Working in batches, sear the courgette slices for about 2 minutes on each side until tender and golden. Transfer them to a shallow dish.

Take the frying pan off the heat and let it cool down a bit. Add the remaining 3 tablespoons oil, the garlic and lemon zest. Heat very gently for a few minutes – the residual heat in the pan may be enough – you just want to take the raw edge off the garlic and infuse the flavours into the oil.

Pour the infused oil over the courgettes. Add some salt and pepper, a little squeeze of lemon juice and the mint or basil. Toss together, cover and leave for 1 hour at room temperature.

N.B Hugh made this recipe without cheese in the TV series to serve with the stuffed courgette flowers