



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# COURGETTE



## AVAILABLE

All year. Cheaper in Summer and early Autumn.

## STORE

In the fridge. Will keep for 4-5 days.

## EAT

Raw or cooked.

## PREPARE

1. Wash in running water.
2. Trim ends.
3. Dice, slice or grate.

## COOK

**Boil:** Uncovered. 3-4 minutes (until tender).

**Microwave:** High. In a shallow dish with 1T of water. 5-10 minutes (until tender).

**Bake:** 200°C. Cut into 3cm chunks, toss in oil. Turn once. 25 minute.

**Saute:** 3-4 minutes, or until crisptender.

**Steam:** 5-10 minutes.

**Grill:** On High. Turn once. 10 minutes.

**N.B. Marrows (large courgettes) are best baked or grilled.**

## AVOID WASTE

**Freeze:** Boil sliced courgettes for 3 minutes. Drain.

Plunge into cold water. Drain. Freeze in bags. Can be frozen for 10 months.

## TASTY IDEAS

- Add to salads, sandwiches or sushi. Add grated courgettes to coleslaw, muffins, bread or cake.
- Make a courgette slice, frittata or quiche.
- Add diced/sliced courgettes to stews, stirfries, and soups.
- Saute coarsely chopped courgettes. Add garlic and/or a mixture of other vegetables (e.g. onions, tomatoes, mushrooms).