



Exclusive recipe



Grilled courgettes with lemon & almond dressing

SERVES 4-6 as a side or sharing plate

PREP 10 mins plus 1 hr marinating

COOK 20 mins **EASY** **V**

4 courgettes, trimmed

9 tbsp extra virgin olive oil

1 garlic clove, crushed

1 bay leaf

1 large lemon, zested and juiced

25g flaked almonds

½ small bunch of mint, leaves picked and chopped, plus extra leaves to serve

½ small bunch of parsley, leaves picked and chopped

1 Cut the courgettes into thin 5mm-wide ribbons using a knife or mandoline. Whisk 4 tbsp of the oil, the garlic, bay leaf and lemon zest with some seasoning in a large bowl. Add the courgette ribbons, toss to coat and leave to marinate at room temperature for 1 hr.

2 Toast the almonds in a small, dry frying pan until golden. Tip into a bowl and leave to cool. Heat a griddle pan over a high heat and griddle the marinated courgette ribbons for 4-6 mins on each side until charred and tender (you may need to do this in batches). Put on a serving platter.

3 Mix the remaining oil with the lemon juice, herbs and toasted almonds and season. Drizzle the dressing over the courgettes, then scatter over the extra mint leaves and some sea salt, if you like.

GOOD TO KNOW vegan • folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 198 kcals • fat 19g • saturates 3g • carbs 2g •

sugars 2g • fibre 2g • protein 3g • salt 0.01g

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Samuel Groves
Made in England 1817

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