

Channel 4 Food

Hugh Fearnley-Whittingstall recipes

Courgettes on toast with garlic and mint recipe

Serves 1

Ingredients

- 2-3 tbsp rapeseed or olive oil
- 1 garlic clove, finely chopped
- 4 baby courgettes (ideally a mixture of yellow and green), trimmed and sliced
- Salt and freshly ground black pepper
- Juice of 1/2 lemon
- 2 tbsp finely chopped mint
- 2 tbsp natural yoghurt
- 1 slice of robust bread

Method

1. Heat about 1tbsp oil in a frying pan over a fairly low heat. Add the garlic and sweat gently for a minute or two. Add the courgettes, increase the heat a little, and fry until tender and lightly coloured. Season with salt and pepper. Add the juice of half a lemon (or to taste) and half the mint.
2. While the courgettes are cooking, toast the bread, and mix the remaining mint with the yoghurt and season well.
3. Trickle the toast generously with oil. Pile the hot courgettes on top and finish with a generous dollop of the minted yoghurt.