

Stir-fried courgette wedges

Ingredients

1 courgette (green, yellow or a mix)

1 tbsp olive oil

freshly ground salt and pepper

Method

1. Cut the courgette into equal pieces of about 5 cm and cut each piece into 8 wedges.
2. Remove the soft centre from the wedges.
3. Heat the olive oil in a wok and stir-fry the courgette in small batches over a high heat until just tender.
4. Place the cooked courgette on a baking tray lined with baking paper.
5. Once all the courgette is done, season with salt and pepper.
6. Just before serving, warm the courgette through in the oven at 180 °C.

EQUIPMENT

Knife, chopping board, wok, baking tray with baking paper, oven