



Courgette Lasagne

This is a quick and easy vegetarian take on a classic, great for a family supper (and lovely cold the next day too). Perfect for using cheap and plentiful courgette in the summer. Serve with a side salad.

Serves - 4

Preparation time - 15 mins

Cooking time - 30 mins

Easy

Vegetarian





Ingredients

- 9 dried lasagne sheets
- 1 tbsp olive oil
- 1 onion, finely chopped
- 700g courgettes (about 6), coarsely grated
- 2 garlic cloves, crushed
- A pinch of chili flakes (optional)
- 250g tub ricotta
- 50g cheddar
- 350g jar tomato sauce for pasta
(or home made tomato sauce – see tip)

TIP - Tomato pasta sauce

To make your own pasta sauce from cheap tins of tomatoes, simply heat 3 tbsp olive oil in a pan, add 2 cloves of crushed or finely sliced garlic and cook gently for 2-3 minutes. Add the 2 tins of tomatoes, stir, and simmer for 20-25 minutes until you get a thick sauce. Season and stir through another tbsp olive oil.

Method

1. Heat oven to 220C / fan 200C / gas 7.
2. Heat the oil in a large frying pan, then fry the onion until soft and golden. After a few minutes, add the courgettes, garlic and chili flakes and continue to fry until the courgette has softened and turned bright green.
3. Stir in 2/3 of both the ricotta and the cheddar, then season to taste.
4. In a large baking dish, layer up the lasagne, starting with a third of the courgette mix, then the lasagne sheets, then tomato sauce. Repeat twice, finishing with tomato sauce. Top with blobs of the remaining ricotta then scatter with the rest of the cheddar.
5. Bake on the top shelf for 20-30 mins until the pasta is tender and the cheese is golden.



Courgette Muffins

This recipe is great to cook with the kids during Summer Holidays, and also a great way to use up courgettes which are abundant that time of year.

Makes 12

Preparation time - 35 mins

Cooking time - 25 mins

Easy, good for kids to try baking.

Recommended age - 8-14

Vegetarian





Ingredients

50g courgettes, cut into chunks

1 apple, peeled and quartered

1 orange, halved

1 egg

75g butter, melted

300g self-raising flour

½ tsp baking powder

½ tsp cinnamon

100g golden caster sugar

Handful of sultanas

1 tub soft cheese mixed with 3 tbsp icing sugar, to make icing

TIP - Baking with courgettes

Courgettes can hold quite a lot of water, which can affect the finished texture of your cake. If your grated courgettes seem watery, place them into a clean tea towel and wring out some of the liquid into a bowl. Then add the courgettes to the mixture as normal. The timing for cakes containing courgette can depend on the water content of your courgettes, so return the muffins to the oven for another 10 mins if needed. Simply test with a skewer and make sure it comes out clean.

Method

1. Brush the muffin tin with oil. **Ask a grown-up** to preheat the oven to 190C / fan 170C / gas 5.
2. Grate the courgettes and put them in a large bowl. Grate the apple and add to the bowl. Squeeze the orange and add the juice to the bowl.
3. Break the egg into a bowl; if any bits of shell get in, scoop them out with a spoon. Stir the melted butter and egg into the courgette and apple mix.
4. Sieve the flour, baking powder and cinnamon into the bowl. Add the sugar and sultanas.
5. Mix with a spoon until everything is combined, but don't worry if it is lumpy.
6. Spoon the mixture into the tin. **Ask a grown-up** to put it in the oven and cook for 20-25 mins or until a skewer comes out clean. Cool in the tin, then spread some icing on each muffin.



Quick Summery Nicoise Salad

This makes a lovely, light summer supper, using lots of fresh, locally grown ingredients. There is no fixed recipe on this one, if you don't have (or don't like) any of the ingredients, you can easily leave them out or exchange them for other ingredients.

Serves 4 as a main meal

Preparation time - less than 30 mins

Easy





Ingredients

1 bag (approx 100g) baby spinach or mixed salad leaves

Little gem or cos lettuce

2 tins tuna fish (preferably in oil)

110g french beans (top & tailed) or runner beans (sliced on the diagonal) or a combination, cooked until just done

4 tomatoes (the more ripe, the better) each cut into 8

4 hard boiled eggs, quartered

10-12 cooked new potatoes, cut into quarters

Handful of olives (preferably black)

Small tin of anchovies in oil, or a handful of capers

For the dressing

6 tbsp olive oil

1 tsp Dijon mustard

2 tbsp white wine vinegar

salt and pepper

Method

1. Tear the salad leaves and lettuce into bite-sized pieces and place in a large serving bowl.
2. Drain the tins of tuna and flake onto the salad leaves.
3. Add the beans, tomatoes, eggs, potatoes, olives and anchovies / capers.
4. Place all the dressing ingredients into a bowl, season and whisk well.
5. Pour over the salad and serve immediately.

Variations

Finely sliced spring onion or red onion can be added for extra kick.

For a vegetarian version, omit the tuna and anchovies and add some cheese instead, grated cheddar or feta cubes work particularly well.

Crushed garlic goes well in the dressing, as do finely chopped fresh herbs (try mint, chives or parsley).