

ROLLED COURGETTES



MINUTES TO PREPARE
10



MINUTES TO COOK
5



MAKES
10-12

INGREDIENTS

For the courgettes:

2 medium sized courgettes
A drizzle of rapeseed oil
A pinch of Maldon sea salt

For the filling:

100g feta
2 tablespoons Greek yoghurt
zest of 1/2 lemon
2 handfuls of a mixture of any of the following herbs, chopped (chives, fresh coriander, flat leaf parsley, tarragon, dill, thyme, oregano or mint)
A drizzle of rapeseed oil
Pinch of sumac
A good grind of black pepper

You will need a bbq or griddle pan, 2 bowls and clingfilm.

LET'S GET COOKING

- 1 Preheat your bbq or griddle hot until it's hot.
- 2 Top and tail the courgettes. Slice them as thinly as possible vertically, discarding the outer strips from either side. (The slices need to be thin enough to roll.)
- 3 Place the courgette slices in a bowl and drizzle over a little rapeseed oil and add in a pinch of Maldon sea salt. Toss the courgettes so that they are evenly coated.
- 4 When the bbq or griddle pan is ready, carefully place the courgettes on the hot grill or griddle and cook for 2 minutes on either side, or until they start to take on the charred grill marks. Remove from the heat and place in the spare bowl. Cover the bowl with clingfilm and leave to the side for 5 minutes.
- 5 Meanwhile, mix together the feta, Greek yoghurt, lemon zest, herbs, sumac and pepper in a bowl and taste for seasoning. Check to see if the mixture needs more lemon zest, oil, herbs, pepper or a squeeze of lemon. It will be quite sharp.
- 6 When ready, carefully lay the courgettes strips out vertically. Place a teaspoon of filling at the nearest end of each strip and roll tucking the ends in at the bottom.
- 7 Place on a plate or platter and enjoy!

"Coating the courgettes first in oil and seasoning them with Maldon salt will lock in the flavour. Covering them with clingfilm whilst they are hot will help them soften them so that your able to roll them properly."