

COURGETTE PUREE



Preparation : 5 min - **Resting :** - - **Cooking :** 25 min - **Equipment :** -

Ingredients : 1 bowl

- 3 small courgettes - 1 pinch chilli powder - juice of ½ lemon - salt and freshly-ground black pepper - 1 garlic clove - 5 tablespoons olive oil - 2 sprigs mint

1. Wash the courgettes and cut into slices. Fry them in 3 tablespoons of olive oil, with the crushed garlic and chilli powder. Cover and cook gently for approximately 25 min., stirring regularly.

2. Pour into the Micro bowl, season according to taste, add the lemon juice, 2 tablespoons of olive oil and the mint leaves. Pulse 4/5 times and allow to cool.

Chef's tip :

Spread on toasted slices of wholemeal bread.