



Creamy Courgette Curry

You'll need:

- 2 courgettes
- 1 tablespoon curry powder
- 1 handful of fresh herbs, e.g. mint, parsley or coriander
- 2 tablespoons creme fraiche, double cream or yoghurt
- 2 tablespoons of oil or butter
- 1 tablespoon salt and pepper

Method:

1. Slice the courgettes thin and place them in a deep pan with the oil or butter. Cook the courgettes for roughly 15 minutes on a medium heat until the water has evaporated, and the courgettes are very soft, without going dark brown.
2. Chop the herbs fine.
3. When the courgettes are cooked and starting to break down and lose their shape, add the curry powder. Stir nonstop for 2 minutes and turn off the heat.
4. Add the salt, pepper, herbs and cream of choice. Check seasonings and serve.