

Courgette & spinach salad



About this recipe: Use fresh smaller courgettes without tough skins and small spinach leaves (less bitter) or chard for this vegetable dish. Minimal cooking and the addition of lemon makes it into a salad side dish for a main meal.

Preparation: 5 mins Cook: 5 minutes

Serves 4

Ingredients

- 1 tablespoon olive oil
- 2-4 courgettes (depending on size)
- ½ to 1 red or green chilli
- 100g spinach or chard zest of a lemon + 1 tablespoon of lemon juice

Method

1. Wash and trim the ends off the courgettes, then cut into disks on the diagonal. Slice them into sticks. Wash the spinach or chard, cutting into smaller pieces if the leaves are large. Remove the seeds from the chilli and chop finely.
2. Heat the oil in a frying pan. Fry the courgettes over a high heat until just tender, about 4 mins, adding the chilli for the final minute.
3. Take the pan off the heat and toss through the spinach or chard until it's just wilted. Add the lemon zest and season to taste.
4. Put in a serving dish and pour over the lemon juice and a little more olive oil just before serving.