Courgette flowers

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Cut the courgette flowers in half lengthways and remove any stamens.
3. Place the courgette flowers on a baking tray and drizzle with olive oil.
4. Season with salt and pepper and bake in the oven for 10-15 minutes, until crispy.
5. Serve as a side dish or use as a filling for pasta or sandwiches.