

GARLIC & MINT ZUCCHINI

2 courgettes (zucchini)
2 tablespoon extra virgin olive oil
1 garlic clove, (peeled but not sliced)
1 handful fresh mint
juice of ¼ lemon
salt and pepper, to taste

Instructions

Step 1: First, cut the zucchini into 3cm x .5cm batons.

[Optional pre-salting the zucchini - Place the zucchini batons in a colander set over a bowl and liberally sprinkle salt over them. Quickly mix the salt into the courgettes with your hands and leave for 5-10 minutes so that the salt can draw out the juices from the courgette. Once the batons look wet and glistening, rinse them under the tap in the colander to wash away all the salt and any juices. Then dry in a clean tea towel or kitchen towel.]

Step 2: In the meantime, slice the fresh mint thinly.

Step 3: Heat the oil in a large frying pan over a medium heat. Once hot, add the whole garlic clove and move around in the pan to brown on all sides and flavour the oil. Once browned, remove from the pan and discard (or use to flavour in something else).

Step 4: Add the courgette batons in one single layer. Do not overlap the batons. You may need to sauté the courgette batons in batches. Sauté the courgette batons until the underside is golden brown (about 2-4 minutes), then, using a pair of kitchen tongs, turn each slice over to cook on all the other side. Cook until golden brown on all sides.

Step 5: Once cooked, add the chopped mint and a squeeze of lemon juice and stir over the heat for 30 seconds until the mint has wilted and the lemon juice is mixed into the courgette batons. (If cooking in batches, add the pre-cooked slices back into the pan at this point and stir all together over the heat). Season with salt and pepper to your taste. Serve hot.

THE COOKERY

by The Secret Jozi Chef