

Sun-dried Courgette with Mint and Garlic

9	Large courgette, topped and tailed
175ml	Olive oil
1 handful	Fresh mint, coarsely chopped
3	Garlic cloves, peeled and finely chopped
6tblspns	White wine vinegar
	Sea salt



Vegetable chopping board
Large frying pan
Baking trays
Mandarin (optional)



Cut the courgette in thin slices lengthways. Place on a tray and cover with cloths and leave them to dry in the sun (or warm room) for 3 hours. Alternatively place on baking tray in oven at 130c for 1-1.5 hours without colour.

Heat oil in a large pan and fry all the dried courgette slices on one side only. Drain on kitchen paper.

Transfer courgette slices onto a dish and sprinkle with mint, garlic, vinegar and rest of the oil and sea salt. Cover and leave to stand or 4 hours in a cool place.