

THIS MONTH, IT'S ALL ABOUT COURGETTES

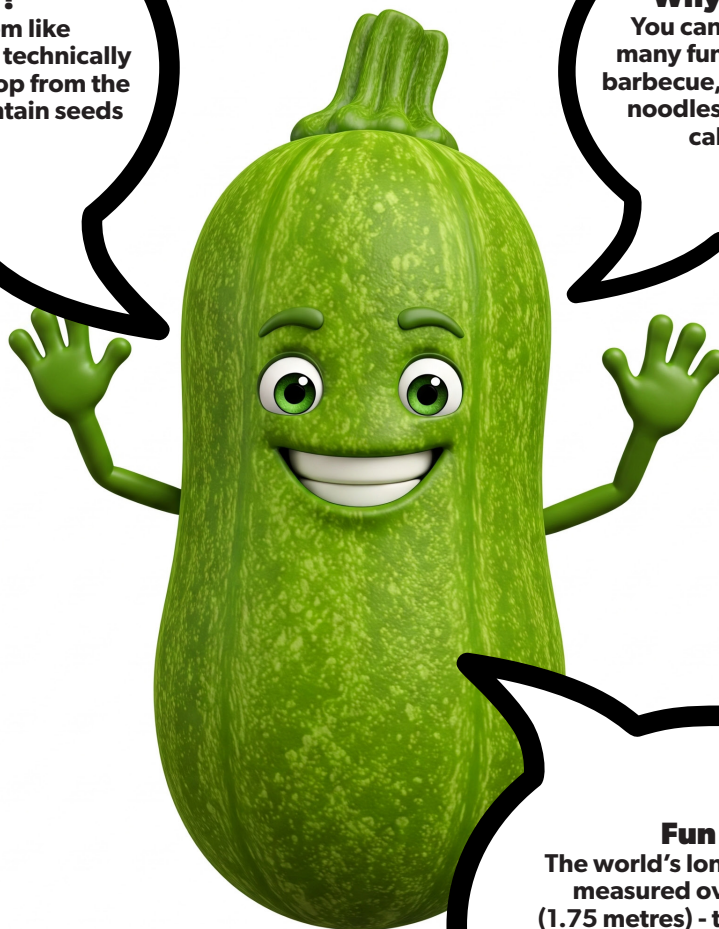
Simple, Seasonal, Sensational!

Did you know?

Although we treat them like vegetables, courgettes are technically a fruit, because they develop from the flower of the plant and contain seeds

Why we love them

You can enjoy courgettes in many fun ways - grilled on the barbecue, spiralised into veggie noodles, or even baked into cakes and breads



Fun fact

The world's longest courgette measured over 69 inches (1.75 metres) - that's taller than most 10-year-olds! It set a Guinness World Record in the UK

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'
FAVOURITE TASTY COURGETTE RECIPES!**

WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS

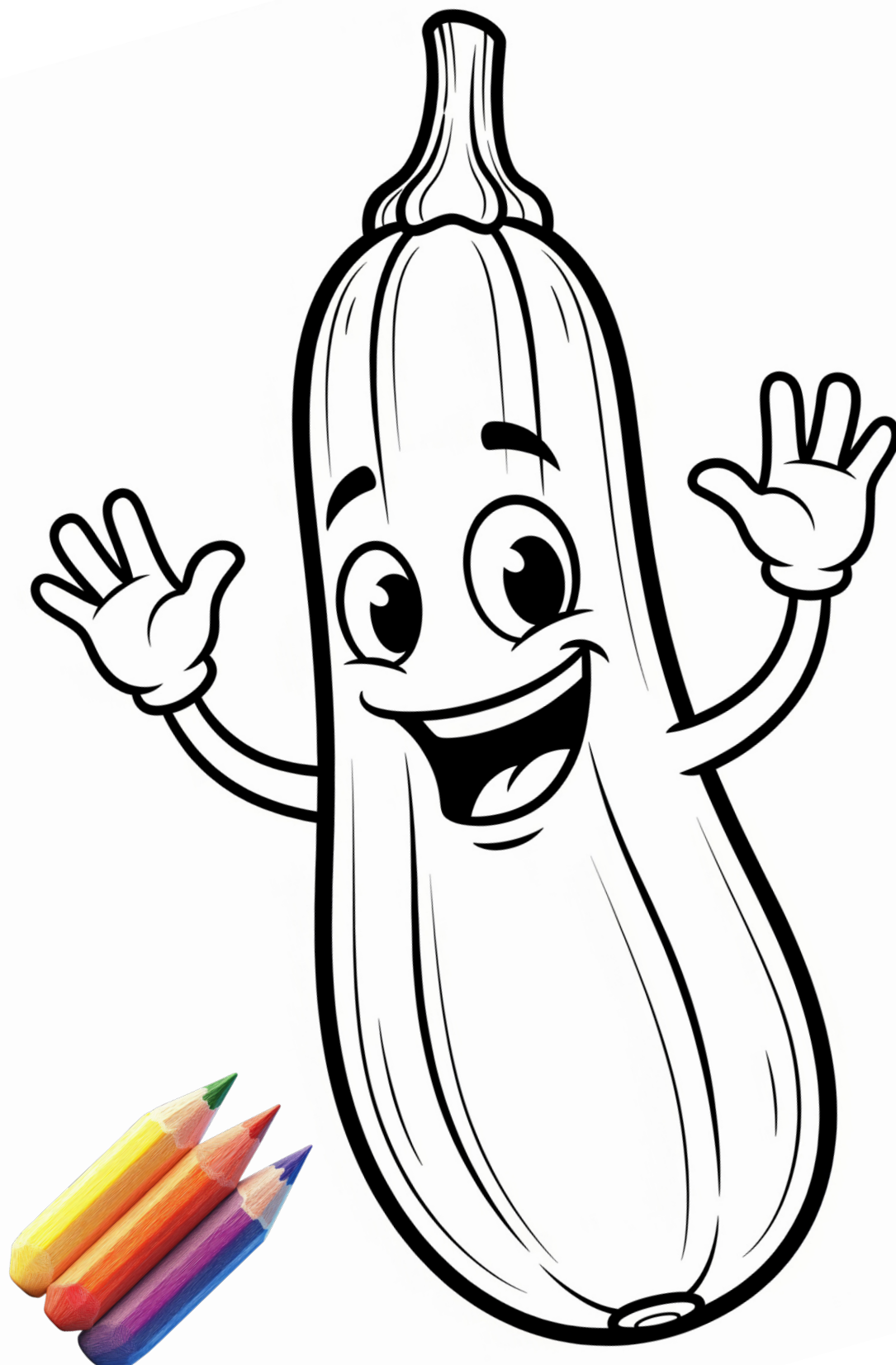


LOCAL FRUIT & VEG



WHOLEMEAL PASTA

fresh ingredients  **fresh food**



Colour me...

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RECIPE

COURGETTE, TOMATO AND COUSCOUS SALAD (COLD SALAD)

INGREDIENTS

- Courgettes (thinly sliced or spiralised) - 375g
- Cherry tomatoes (halved) - 200g
- Couscous - 300g
- Olive oil - 30ml
- Lemon juice - 20ml
- Fresh parsley or basil (chopped) - small handful

METHOD

1. Prepare couscous using boiling water according to the packet instructions. Allow to cool.
2. Lightly steam or griddle courgette slices for 2 minutes, then cool
3. Combine couscous, courgette, and tomatoes in a bowl.
4. Mix olive oil, lemon juice, and herbs, then stir through the salad.
5. Chill before serving.

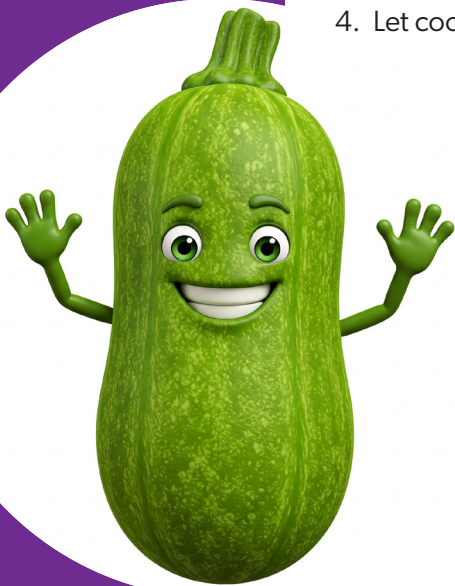
CHEESY COURGETTE MUFFINS

INGREDIENTS

- Courgettes (grated) - 300g
- Self-raising flour - 150g
- Grated cheddar - 125g
- Eggs - 1 to 2
- Milk - 100ml
- Olive oil - 25ml

METHOD

1. Preheat oven to 180°C and line a muffin tray.
2. Mix all ingredients together in a large bowl.
3. Spoon into muffin tins and bake for 20-25 minutes until golden and set.
4. Let cool before serving.



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RECIPE

COURGETTE AND POTATO FRITTATA

INGREDIENTS

- Courgettes (grated or thinly sliced) - 250g
- New potatoes (cooked and sliced) - 375g
- Eggs - 4 to 5
- Milk - 75ml
- Grated cheese - 100g
- Oil - for greasing

METHOD

1. Preheat oven to 180°C.
2. Grease a small baking dish or tray. Layer potatoes and courgettes.
3. Beat eggs, milk, and cheese together, then pour over the vegetables.
4. Bake for 25-30 minutes until golden and firm.

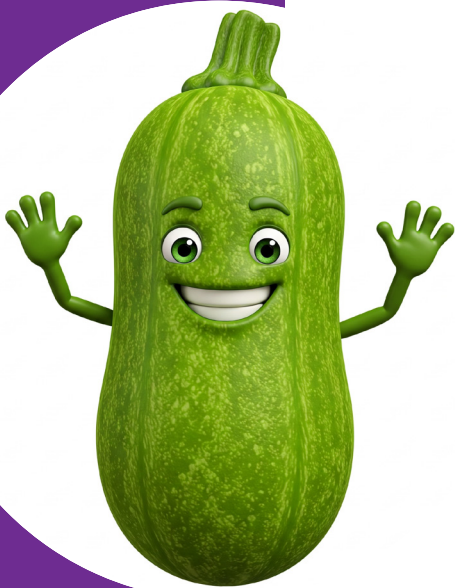
BAKED COURGETTE WEDGES

INGREDIENTS

- Courgettes (cut into wedges) - 500g
- Breadcrumbs - 100g
- Grated parmesan or cheddar - 75g
- Eggs - 1 to 2 (beaten)
- Olive oil spray - as needed

METHOD

1. Dip courgette wedges in beaten egg, then coat with a mix of breadcrumbs and cheese.
2. Place on a baking tray and spray lightly with oil.
3. Bake at 200°C for 20 minutes until crisp and golden.



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RECIPE

COURGETTE AND LENTIL SOUP

INGREDIENTS

- Courgettes (chopped) - 375g
- Red lentils - 150g
- Onion - ½
- Carrots - 1
- Vegetable stock - 625ml
- Olive oil - 25ml

METHOD

1. Sauté chopped onion and carrot in oil until soft.
2. Add courgettes, lentils, and vegetable stock.
3. Simmer for 20-25 minutes until soft.
4. Blend until smooth and serve warm.

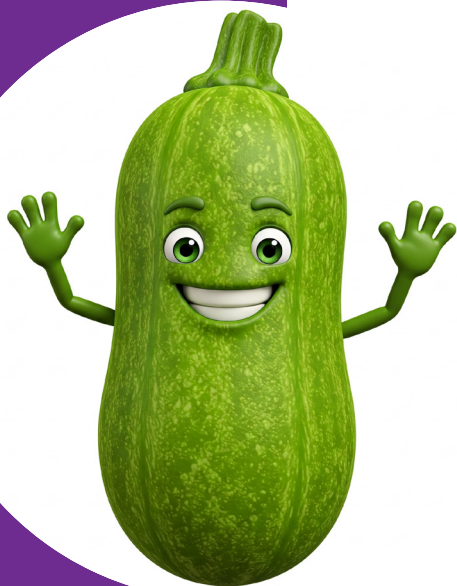
COURGETTE AND SWEETCORN FRITTERS

INGREDIENTS

- Courgettes (grated and drained) - 300g
- Tinned sweetcorn (drained) - 200g
- Self-raising flour - 100g
- Eggs - 1
- Mild spices (e.g., paprika or cumin) - ½ tsp
- Oil - for frying

METHOD

1. Mix all ingredients into a thick batter.
2. Heat a lightly oiled pan, then spoon in small amounts of batter.
3. Cook each side for 2-3 minutes until golden.
4. Keep warm in the oven until serving.



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