



COURGETTES WITH A GREEN PEPPER SAUCE

The ancient Mayans grew lots of vegetables including squashes, corn and peppers. The yoghurt or sour cream is a modern addition - they didn't have cows.

Ingredients

- **4 green peppers**
- **1 large onion**
- **2 cloves garlic**
- **3 tablespoons corn or sunflower oil**
- **750g courgettes**
- **salt and pepper**
- **plain yoghurt/ sour cream to serve (optional)**

Equipment: weighing scales, chopping board, knife, baking tray, hand blender, bowl, large saucepan/saute pan, wooden spoon

Method

- 1. Preheat the oven to 180C. Roast the peppers for about 30 minutes or until the skin blisters and blackens. Wrap in a tea towel and allow to cool. Peel off the skin and deseed.**
- 2. Peel and chop the onion and garlic and place in a bowl.**
- 3. Roughly chop the peppers and add them to the onion. Blend until smooth.**
- 4. Weigh the courgettes then wash and chop into thick slices, discarding the ends.**
- 5. Heat the oil in a pan and saute (fry) the pepper mixture, stirring continually for 3-4 minutes.**
- 6. Add the courgettes and season. Simmer until they are tender (about 15 minutes), stirring occasionally. You may need to add a little water if it gets too dry. Serve with yoghurt / sour cream.**

Adapted from a recipe by Michelle Berridale