



## recipe no10

Courgette Butter

### Ingredients

- 750g grated courgette
- 1 clove of grated garlic
- 4 tablespoons of Olive Oil
- Salt & Pepper

Prep time - 10 mins

Cooking time - 30 mins

### Method

1. Grate 750g of fresh courgettes
2. Heat a large non-stick frying pan with Olive Oil.
3. Fry all the grated courgette with garlic & season.
4. Fry for approx 30mins until the courgettes start to stick to the pan
5. Serve chilled with cold meats or on toasted bread with goats cheese.
6. Keeps chilled in a jar for a couple of weeks.

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