

Sautéed courgette with garlic and mint

(5 portions)

Courgettes (cut nice and chunky) *1kg*
Virgin olive oil *2 tbsp*
Garlic, thick sliced *2 cloves*
Sea salt and crack pepper
100ml chicken stock *100ml*
Mint leaves, roughly chopped *1 handful*

Method

Heat the olive oil in a large fry pan over a low heat, add the garlic and season to taste and then cook for 5 minutes or until cooked but with no colour, but once it starts to colour add the chicken stock, then add the courgette and reduce the stock by half or until the courgettes are tender, add the mint and check for seasoning.