

# Fruit & Vege Co-op



## Zucchini/Courgettes

STORAGE	PREPARATION
In a vegetable drawer in the refrigerator for 4-5 days.	<ul style="list-style-type: none"><li>- Top and tail courgettes and wash in water.</li><li>- Slice into rounds or lengths.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Pan fry with crushed garlic and fresh herbs.</li><li>- Add a tin of flavoured canned tomatoes to pan fried courgettes.</li><li>- Add diced courgette to tinned pasta sauce for a quick pasta or spaghetti topping.</li></ul>	<ul style="list-style-type: none"><li>- Grate courgettes into mince dishes; meatballs, bolognaise, meatloaf or homemade hamburger patties.</li><li>- Add to stir-fries, soups, frittatas or quiches.</li><li>- Add cooked courgettes to roast vegetable salads or vegetable platters.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Steam over boiling water for 3 minutes or until tender.</li><li>- Microwave with a little water (2 Tbsp) in a covered dish for 2 minutes.</li><li>- Pan fry in 1 Tbsp oil for 2-4 minutes.</li><li>- BBQ courgettes lengths brushed with a little oil.</li></ul>	
RECIPE: Courgette and Corn Fritters (Serves 4) <i>Adapted from the Healthy Food Guide</i>	
<p>½ cup low fat milk ¾ cup plain flour 2 eggs, beaten lightly 210g can creamed corn 2 medium courgettes, grated Vegetable oil for frying</p> <ol style="list-style-type: none"><li>1. Combine milk, flour and egg into a bowl and whisk until smooth.</li><li>2. Add corn and courgette and mix well.</li><li>3. Heat 1 tsp oil in a frying pan and drop heaped tablespoons of batter into pan.</li><li>4. Cook for about 2 minutes then turn over and cook on other side.</li><li>5. Serve with vegetables on the side and wholegrain bread.</li></ol>	
Variations	
<ul style="list-style-type: none"><li>- Add additional vegetables such as grated carrot, kumara or peas.</li><li>- Add dried or fresh herbs such as coriander or tarragon for additional flavour.</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

