

# 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

- Steam over boiling water for 3 minutes or until tender.
- Microwave with a little water (2 Tbsp) in a covered dish for 2 minutes.
- Pan fry in 1 Tbsp oil for 2-4 minutes.
- BBQ courgettes lengths brushed with a little oil.

### RECIPE: Spicy Bean and Zucchini Soup (Serves 4) *Adapted from Keep Calm and Veg(etarian)*

2 Tbsp vegetable oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
2 tsp ground coriander  
1 Tbsp paprika  
1 tsp mild curry powder  
3 zucchini, halved lengthwise, and sliced  
2 potatoes, peeled and diced  
2 cans mixed beans, drained and rinsed  
1 litre vegetable stock (or saved cooking water from cooking vegetables)  
salt and ground black pepper  
grainy bread to serve

1. Heat oil in a large saucepan. Add the onions and garlic, and sauté for 2 minutes until starting to go see through. Add the spices and cook, stirring, for 1 minute.
2. Mix in the zucchini and potatoes and cook for 1 – 2 minutes. Add the remaining ingredients and bring to boil.
3. Reduce the heat, cover the pan, and simmer for 25 minutes, stirring occasionally, or until the potatoes are tender. Adjust the seasoning if necessary.
4. Spoon into bowls and serve with grainy bread.

#### Variations

- Instead of bread serve with homemade cheese and onion scones.
- Add a spoon of sour cream and tiny bits of crunchy bacon to make into a more substantial meal.
- Serve with cold meat, salad, cheese slices and pickle/chutney for a hearty dinner.

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

