

BAKED COURGETTE FRITTERS

WITH MARINARA SAUCE



INGREDIENTS

For the marinara sauce

400g tomatoes (*chopped*)
1 large red onion (*finely chopped*)
2 garlic cloves (*finely chopped*)
2 tbsp olive oil
Thyme and basil leaves

For the courgette fritters

2 medium courgettes
3 medium eggs
50g plain flour
125g dried breadcrumbs
Parmesan cheese (*grated*)

PREPARATION METHOD

The marinara sauce

- **Heat the oil in a medium pan over a low heat.** Add the onion and cook for about 6-8 minutes or until beginning to soften, stirring regularly. Stir in the tomatoes, thyme and garlic. Turn down the heat so that the mixture is just simmering and leave to cook for 15-20 minutes, or until the sauce has thickened and the flavours have intensified. Remove from the heat, season to taste with salt and pepper, and add the basil leaves. Spoon the sauce in a serving bowl and cover to keep warm until ready to serve.

The courgette fritters

- **Preheat the oven to 220° C.** Meanwhile, prepare three large shallow bowls. Put the flour in the first one and stir in a couple of large pinches of salt and pepper. Beat the eggs in another one. Mix the breadcrumbs and parmesan in the last one.
- **Trim the courgette ends** and slice one lengthways into three evenly-sized slices. Cut each slice into three long strips and then in half across their width to give 18 chips. Repeat with the second courgette to give 36 chips in total. *Each one will be about 1.5 cm wide and 7 cm long, depending on the size of your courgettes.*
- **Working with one at a time :**
 - Toss the courgette batons in the flour until well coated. *This will help the egg to stick in the next stage.*
 - Toss through the beaten egg, allowing the excess to drip off.
 - Roll them around in the breadcrumbs / parmesan mix to stick all over evenly.
- **Arrange on your baking tray as you go.** Repeat until all of the courgettes are coated.
- **Spray the courgettes with oil and place in the oven for 20 minutes.** Half way through cooking time, turn the courgettes over, give another spray of oil and pop them back in the oven. Once cooked, they should be lightly browned and very crisp all over.
- **Pile the courgettes onto a serving platter.** Serve with the marinara sauce and some lemon wedges. You can also serve with Greek cucumber yoghurt.