


JULY'S SEASONAL RECIPE #1

Courgettes, Mange tout & Lemon

Makes 4 Servings

Ingredients

- *4 - 6 baby courgettes*
 - *A few handfuls of tender young mange tout, or fresh sugar snap peas*
 - *2 small lemons*
 - *2 tablespoons olive oil*
 - *A small bunch of mint, leaves only, torn*
 - *A small bunch of dill, leaves only, roughly torn*
 - *A few pinches of sugar*
 - *Sea salt and freshly ground black pepper*
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How to Do It

1. *Slice the courgettes into 2 - 3mm thick rounds.*
2. *Strip the inside seams of the mange tout or sugar snap peas. If using sugar snaps, slice them thinly on an angle. Put them into a bowl with the courgettes.*
3. *Finely grate the zest from 1 lemon on to the vegetables.*
4. *Cut a slice off the base of each lemon and stand on a board. With a sharp knife, cut down through the peel and pith, slicing it away in sections.*
5. *Now, working over the bowl of vegetables to catch any juice, slice the segments of lemon out from between the membranes into the bowl. Remove any pips as you go. Taste and squeeze out more juice from the lemon membrane if necessary.*
6. *Add the olive oil, herbs, a good pinch of sugar and some salt and pepper. Toss well, then leave to stand for 5–10 minutes.*
7. *Taste and adjust the seasoning if needed, then serve.*

Chef's Tip

Swap oranges for lemons, or better still, use one of each. Try using freshly picked raw baby peas instead of mange tout or sugar snap peas.