

Zucchini with mint and feta

- 6 zucchini (courgettes)
- 1 tablespoon olive oil
- 70 g (2½ oz) feta cheese, crumbled
- 1 teaspoon finely grated lemon zest
- ½ teaspoon chopped garlic
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- 2 tablespoons shredded mint
- 2 tablespoons shredded parsley

Slice each zucchini lengthways into four thick batons. Heat the olive oil in a heavy-based, non-stick frying pan and cook the zucchini over medium heat for 3–4 minutes, or until just tender and lightly golden. Arrange on a serving plate.

Crumble the feta over the zucchini. Mix the lemon zest, garlic and lemon juice in a small jug. Whisk in the extra virgin olive oil with a fork until well combined, then pour the dressing over the zucchini. Top with the mint and parsley, and season with salt and pepper. Serve warm.