

Recipes and Tips



Courgette and Rice/Quinoa Bake

Serves 4

3 Tbsp olive oil
1 onion, finely diced
2 cloves garlic, crushed
200 gr white rice or quinoa, uncooked
1 vegetable stock cube
237 ml boiling water
1kg courgette, grated
1 tsp salt
½ tsp ground black pepper

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1 tsp salt
½ tsp pepper
118 ml milk
50g parmesan cheese,
finely grated

10g chives, finely chopped
(optional)

Preheat the oven to 180°C fan bake.

Place a large ovenproof pan over a gentle heat on the stove top. Add the olive oil and diced onion and gently sauté for 5-10 minutes until just starting to brown.

Add the garlic and sauté for a few more minutes. Add the rice to the pan and stir.

Dissolve the stock cube in the boiling water. Pour into the pan to deglaze it, then mix to combine.

Add all of the grated courgette to the pan and stir. Add the salt and pepper, then gently cook until the courgette starts to wilt down and liquid starts to come out.

Pour in the milk and add half of the parmesan and half of the grated cheese (reserve the rest for the top). Add the chopped chives and fold together.

Cover with a lid, or tinfoil. Place in the oven and bake for 20 minutes.

Remove from the oven and sprinkle over the remaining cheese.

Return to the oven and bake uncovered for 15 minutes or until the cheese is golden and the rice is cooked through.