

A quick and simple meal for a warm and busy summer's day. AND one that will use your courgettes

Courgette and Cheese on pasta

2 good sized courgette, grated - but not the squash you return to after a week away

Sliced red or yellow pepper sliced (optional)

4 ozs (123 gr) of yogurt

4 ozs (123 gr) of grated cheddar cheese

1 spring onion chopped into rings

1 teaspoon of mustard

1/2 teaspoon salt and pepper

Olives (optional)

- Grate the courgettes and mixed with some salt, wait 10 minutes and then squeeze out the liquid.
- Steam the grated courgettes and pepper, if using, for 7 minutes.
- Combine yogurt, grated cheddar cheese, chopped spring onion, mustard, salt and pepper in a small bowl.
- Put cooked vegetables and olives, if using, in a casserole and spread yogurt and cheese mixture over the top and grill until cheese melts and begins to brown.
OR put the yogurt and cheese mixture in the microwave to a minute or two to melt and mix with the vegetables.

Serve over your favourite pasta – I use wholewheat rice pasta or tagliatelle.