

Courgette and Thyme Fritters

with a Sweet Red Pepper Coulis



500g courgettes, grated
1 large egg
4 tablespoons of self-raising flour
6 tablespoons of Parmesan cheese
Lemon thyme
Olive oil
Sea salt and freshly ground black pepper to taste

Mix together the courgettes, egg, flour, cheese and thyme and season. Heat a little olive oil in a heavy based or non-stick frying pan, then drop in the mixture a tablespoon at a time. Flatten into shape with a fork and cook on each side until golden brown. For the coulis...

250g sweet red peppers
Red chilli to taste
4 tablespoons of water
Olive oil
Sea salt as required

Lightly sautee the peppers in the olive oil and add chilli to your personal taste. Liquidise the cooked mixture with the water and season.

Serve garnished with wild rocket and a drizzle of Sweet Red Pepper Coulis. Will serve 4 as a starter, or equally delicious as a side dish.