

## Courgette and Summer Vegetable Gratin

This delicious recipe adds variety to the menu during a courgette glut. Courgettes are accompanied by other seasonal vegetables.

### Ingredients

Number and proportion of ingredients can vary to taste

- 2 medium courgettes sliced
- 100g young carrots sliced
- 100g runner beans cut into pieces
- 1 medium onion chopped
- 1 or 2 cloves of garlic squashed
- Olive Oil
- 2 teaspoons cornflour
- 45ml natural yoghurt (about 3 tablespoons)
- 100ml semi skimmed milk
- 1 teaspoon Dijon mustard (readymade not powder)
- 150g hard cheese grated
- 1 tablespoon fresh herbs (choose from whatever is available parsley, thyme, oregano etc)
- Fresh breadcrumbs to top – crumb from bread that is slightly dry
- Salt & pepper to taste



### Method

1. Place the sliced carrots and runner beans in a steamer and steam until just tender
2. Add olive oil to a frying pan
3. Add sliced courgettes, onions and garlic and sauté over a gentle heat until the courgette is just tender
4. Add the cornflour and mix well. Cook for a minute.
5. Add the milk stirring all the time and cook until the sauce thickens
6. Add the herbs, mustard and grated cheese and stir over a low heat until the cheese has melted
7. Add salt and pepper to taste.
8. Remove from the heat
9. Stir in the yoghurt
10. Add the steamed vegetables and mix
11. Place in an ovenproof dish
12. Top with the breadcrumbs
13. Place in a hot oven and cook until the breadcrumbs are lightly browned

### Variation

- Any mixture of summer vegetables could be used
- The vegetable and cheesy sauce could be topped with slices of steamed potatoes or used as a pie filling.
- The vegetable and cheesy sauce could be used as a pasta sauce.