

Roasted Courgettes



Serves 4 Prep 5 mins

Cooking 20 mins

Easy

Ingredients

3 medium courgettes
1 tbsp olive oil
1 lemon, zested
pinch of chilli flakes (optional)

1. Heat the oven to 200/180C fan/gas 6. Cut the courgettes into quarters lengthways, then into batons. Tip them onto a baking tray and drizzle with the oil. Add the lemon zest and season with salt and pepper and a pinch of chilli flakes, if using. Toss until the courgette pieces are well coated.
2. Roast for 20 mins, moving the courgettes around in the tray halfway through cooking, until softened and slightly charred.