

carrot and courgette ribbons

Serves 2

1 large long carrot, washed and peeled

1 large long courgette, washed

15g/½oz butter

1 tbs fresh oregano, finely chopped

salt and freshly ground black pepper

- Using a vegetable peeler, make strips of carrot and courgette.
- Heat the butter in a wide sauté pan or wok, and add carrots and courgettes, sauté for two or three minutes.
- Add chopped oregano, salt and pepper and serve.

This is also good as a raw salad, tossing the vegetables in vinaigrette rather than sautéing in butter.