



Cheesy courgette bake

Equipment

- Frying pan
- Spoon
- Ovenproof dish
- Foil
- Plates
- Cutlery

Ingredients

- Oil for frying
- Four courgettes (home grown if possible), sliced
- Four large tomatoes, sliced
- A large handful of torn basil
- Thyme leaves
- Salt and pepper
- 300ml plant based yoghurt
- Three cloves of garlic
- Two red onions, sliced
- 50g grated cheese
- Salad, to serve (home grown if possible)

Method

1. Fry the courgettes and season them.
2. Add the onions and garlic and continue to fry, then add the herbs.
3. Layer the vegetables in an ovenproof dish with the tomatoes.
4. Sprinkle with cheese and pour over the yoghurt.
5. Cover with foil and bake for 30 minutes.
6. Remove the foil and bake for another five minutes.
7. Serve with a fresh salad and enjoy.