



Allotment Gardening In North Essex -- At Home In The Kitchen
Courgettes Tomato and Potato Bake

Ingredients: 4 portions

2 tbsp Olive oil
2 Onions Sliced
2 cloves of finely chopped garlic
350g 12oz courgettes sliced
450g 1lb peeled potatoes
350g 12oz Tomatoes
100g 4oz Grated Cheese
50g 2oz Bread crumbs
Mixed Herbs -parsley, Basil, thyme,
Rosemary
Salt and pepper to taste

Method:

1. Collect all ingredients.
2. Peel and wash potatoes and place in salted water to cook
3. Remove eyes from tomatoes and blanch in boiling water for the count of 8 seconds. Plunge into cold water to stop cooking.
4. When cool, peel the tomatoes and slice.
5. Shred the onions
6. Slice Courgettes into rounds
7. Chop the mixed herbs and garlic Fry the onions, courgettes, garlic and herbs until lightly browned.
8. Place half the fried mixture in the bottom of a baking dish.
9. Add the sliced tomatoes and then the rest of the courgette mixture.
10. Slice the cooked potatoes and arrange on top of the dish
11. Mix the cheese and bread crumbs together and sprinkle over the dish
12. Bake in a moderate oven about 180c for approx 40 min
13. Remove from the oven and serve.