

## **COURGETTE POLPETTES**

(a Hugh Fearnley Whittingstall recipe recommended by Linda)

### **INGREDIENTS** (makes about 12)

2 tablespoons rapeseed or olive oil  
500g courgettes, diced  
Grated zest of ½ lemon  
1 egg, lightly beaten  
2 heaped tablespoons grated parmesan  
½ ball buffalo mozzarella, diced  
50g white breadcrumbs  
50g pine nuts, lightly toasted (optional)  
1 tablespoon chopped parsley  
1 garlic clove, finely chopped  
Salt and freshly ground black pepper

### **METHOD**

Heat the oven to 200C/390F/gas mark 6. Grease a large baking sheet. Heat the oil in a large frying pan over medium heat, and fry the courgettes until golden and tender. Drain on kitchen paper. Mix the cooled courgettes with the other ingredients, season, then form into small balls the size of a walnut. Place on the baking sheet and bake in the oven for 10-15 minutes, until golden brown. Serve hot, warm or cold.