

Courgettes sautéed with lemon and mint

Slice about 500g courgettes about as thick as a pound coin.

Heat a wide frying pan and drizzle with a little olive oil.

Sauté the courgettes with the zest of a lemon, 2 finely chopped garlic cloves and ¼ tsp turmeric until they are tender and golden.

Toss in 1 tbsp each of finely chopped [apple mint](#) and [garlic chives](#) just before serving.