






Cooking Made Easy

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Courgette & Cheese Gratin with Skin-On Baked Potato Wedges

Silky strands of tender courgette, softened and roasted with molten cheese and herbs, served with fat, crispy baked potato wedges. The potato skins are packed with flavour as well as potassium. The gratin is packed full of vegetables, with a little oozy, savoury cheese to bring it all together.



40 min



veggie



spicy



Courgette



Maris Piper Potato



Dried Oregano



Cornflour



Cheddar Cheese



Mint



Lemon



Red Onion



Garlic Clove



Chilli Flakes



Wholemeal Flour

Ingredients

	2P	4P
Courgette, grated	3	6
Potato	2	4
Dried Oregano	½ tbsp	1 tbsp
Cornflour	1 tbsp	2 tbsp
Cheddar Cheese, grated 1	6 tbsp	¾ cup
Mint, chopped	2 tbsp	4 tbsp
Lemon	½	1
Red Onion, diced	1	2
Garlic Clove, chopped	1	2
Chilli Flakes	A pinch	A pinch
Wholemeal Flour 2	2 tbsp	4 tbsp

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Gluten

Nutrition per serving: Calories: 547 kcal | Protein: 18 g | Carbs: 85 g | Fat: 18 g | Saturated Fat: 6 g

1



1 Pre-heat the oven to 230 degrees. Grate the courgette using the large holes on your grater. Put your grated courgettes in a colander, sprinkle over ¼ tsp of salt and mix thoroughly. Put your colander in your empty sink and leave for 15 mins to drain. **Tip:** *You need to do this so the excess liquid from the courgette drains out.*

chop the garlic. Add this to the cheese mix with the chilli flakes and a good grind of black pepper.

2



2 Meanwhile, cut each potato into eight wedges the width of your index finger. Add to a large bowl and toss in 1 tbsp of olive oil, along with the oregano, cornflour and ¼ tsp of salt. Arrange your wedges in a single layer on a baking tray and put in the oven to roast for 30 mins.

5 Working in large handfuls, squeeze as much water as possible out of the courgette and add this to the cheese mixture as well. Sprinkle over the wholemeal flour and mix everything thoroughly.

Tip: *To ensure you've removed as much water as possible from the courgettes, put the grated courgettes in the middle of a clean tea towel and twist the corners so the water is squeezed out.*

4



3 While the potatoes are roasting, grate the cheddar cheese and add three quarters of this to a large bowl. Roughly chop the mint and add to the bowl. Zest half the lemon and add this to the bowl along with 2 tbsp of lemon juice.

6 Put the cheesy courgette mixture in a small to medium ovenproof dish (so the mixture is about 3-4cm deep), sprinkle the remaining cheddar cheese on top and place in the oven with the potatoes for the last 20 mins.

6



Tip: *Make sure to only remove the yellow zest, not the white pith underneath - it's very bitter!*

7 Remove the wedges from the oven once they're browned and crispy. Dish out as much of the gratin you feel you can handle, and serve alongside the wedges.

4 Peel and dice the red onion into ½cm cubes and peel and finely

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