

# Grilled Courgettes with Red Sauce

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Serves 2-3

## Ingredients

3 tbsp olive oil  
2 medium courgettes cut into  
1cm slices  
2 large tomatoes, seeded and diced  
3 cloves of garlic, thinly sliced  
1 red pepper, roasted, skinned  
and diced  
Sea salt and black pepper to taste

## Method

Put 2 tablespoons of oil in a medium bowl and add the courgettes. Toss them to coat thoroughly with oil. Grill the courgettes under a grill until lightly charred, 4 minutes on each side.

Heat the remaining oil in a small frying pan. When hot, carefully add the tomatoes and garlic. When the garlic starts to colour, add the red pepper. Spoon the tomato mixture over the courgettes and season to taste.

