



# COURGETTE TACOS WITH BASIL PESTO

**Season:** Summer  
**From the garden:** Courgette, basil, eggs, parsley, chives  
**Type:** Main  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:**

## Equipment

- \*chopping board and knife
- \*grater
- \*bowls
- \*measuring cups and spoons
- \*mixing spoon
- \*baking tray

## Ingredients

- \*6-8 cups grated courgette
- \* $\frac{1}{2}$  cup bread crumbs
- \*1 cup grated cheese
- \*1 egg
- \*1 tsp salt, pepper to taste
- \*handful of fresh herbs and
- $\frac{1}{2}$  cup sour cream to serve (optional)
- \*oil spray

## For the Pesto:

- \*food processor

- \*3 cups of fresh basil leaves

**\*measuring cup and spoon**

**\* $\frac{1}{2}$  cup pine or cashew nuts, or sunflower seeds**

**\*bowl**

**\*1 garlic clove**

**\*chopping board and knife**

**\* $\frac{1}{2}$  cup of grated cheese**

**\*grater**

**\*4-5 tbsp olive oil**

**\*frying pan**

**\*salt to taste**

## **Method**

- 1. preheat the oven to 200 degrees**
- 2. wash and grate the courgettes**
- 3. put the grated courgettes on a clean tea towel, fold it up and squeeze as much moisture out as possible**
- 4. grate the cheese**
- 5. in a large bowl, mix the grated courgette, cheese, egg, bread crumbs, salt and pepper**
- 6. spread the mixture very thinly on a baking tray, lined with baking paper or sprayed with oil spray. Pat down with your hands. You might need 2-3 trays**
- 7. place in the oven, and bake for around 20-25 minutes, till the edges are golden**
- 8. for the pesto, wash the basil and pick the leaves of the stalk**
- 9. roast the nuts or seeds in a dry frying pan until lightly browned**
- 10. grate the cheese and peel the garlic**
- 11. place all the ingredients in the food processor and blizz until smooth**
- 12. if the pesto looks too dry, add a bit more oil. Taste and add more salt if necessary**
- 13. spread the courgette tacos with the pesto, roll up and serve**
- 14. instead of pesto, they can also be filled with herbed sour cream, or a mixture of both**

**Notes: A great way to use up those courgettes, that got too big.**

**Skills: measuring, *mixing*, *grating***