



COURGETTE TACOS WITH GREENS PESTO

Season: Summer
From the garden: Courgette, kumi kumi, basil, spinach, kale, 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 and/or green kumi kumi
- *½ cup bread crumbs
- *1 cup grated cheese
- *1 egg
- *1 tsp salt, pepper to taste
- *handful of fresh herbs and
- *oil spray

For the Pesto:

- *food processor

- *3 cups of fresh basil leaves, spinach, kale etc.

***measuring cup and spoon**

*** $\frac{1}{4}$ cup pine or cashew nuts, or sunflower seeds**

***bowl**

***1 garlic clove**

***chopping board and knife**

***salt to taste**

***grater**

***4-5 tbsp olive oil**

***frying pan**

Method

- 1. preheat the oven to 200 degrees**
- 2. wash and grate the courgettes/kumi kumi**
- 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 the other greens and pick the leaves of the stalks**
- 9. roast the nuts or seeds in a dry frying pan until lightly browned**
- 10. peel the garlic**
- 11. place all the ingredients in the food processor and process into a chunky paste**
- 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. Kumi Kumi can be used like a courgette or marrow while still green, or like a pumpkin when it matures.

Skills: measuring, *mixing, grating, using a food processor*

