



# COURGETTE TACOS WITH CAPSICUM AND CORIANDER SALSA

**Season:** Summer, autumn  
**From the garden:** Courgette, eggs, capsicum, coriander  
**Type:** Main  
**Difficulty:** Moderate  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:**

## Equipment

- \*chopping board and knife
- \*grater
- \*bowls
- \*measuring cups and spoons
- \*mixing spoon
- \*baking trays
- \*frying pan
  
- \*bowl and spoon

## Ingredients

- \*6-8 cups grated courgette
- \* $\frac{1}{2}$  cup bread crumbs
- \*1 cup grated cheese
- \*1 egg
- \*1 tsp salt, pepper to taste
- \*5 small or 3 big capsicum
- \*2 tsp paprika powder
- \*salt and pepper
  
- For the salsa:**
- \*2 bunches coriander

- \*2 medium tomatoes**
- \*1 small red onion**
- \*1 red chilli**
- \*1 garlic clove**
- \*60 ml olive oil**
- \*2 tbsp lemon juice**
- \*salt and pepper 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, until the edges are golden**
- 8. while the tacos are in the oven, prepare the capsicum by removing the top and then slicing it in half lengthwise so you can remove the seeds**
- 9. slice the capsicum finely**
- 10. heat a little oil in a frying pan and cook the capsicum over medium heat until lightly browned and softened**
- 11. add the paprika powder and season with salt and pepper, cook for another minute then set aside**
- 12. for the salsa, chop the coriander, tomato, garlic, onion and chilli and mix with the oil and lemon juice. Season with salt and pepper**
- 13. to serve, place some of the capsicum and some salsa in the middle of a taco and roll it up**

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

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

