

It's time to join the courgette set for a healthier lifestyle

June brings us a glut of new season produce. As we have been experiencing some beautiful weather recently, I thought I'd share a versatile, light and fresh salad recipe with you, making the most of the season's courgettes and broad beans.

Courgettes have a high water content aiding hydration, and good levels of vitamins A and C, manganese, and potassium. They also contain a mix of insoluble and soluble fibre, not only helping to improve the consistency of bowel movements, but also feeding our beneficial gut bacteria.

Broad beans are a rich source of plant-based protein (13g of protein per cup) and fibre (9g per cup), and provide good levels of folate, manganese, copper, potassium, iron and vitamins A and C.

This salad brings them together but works equally well with peas (fresh or frozen) if you prefer.

Broad pea and courgette salad

(serves 2-4)

2 courgettes (green or yellow, or one of each)

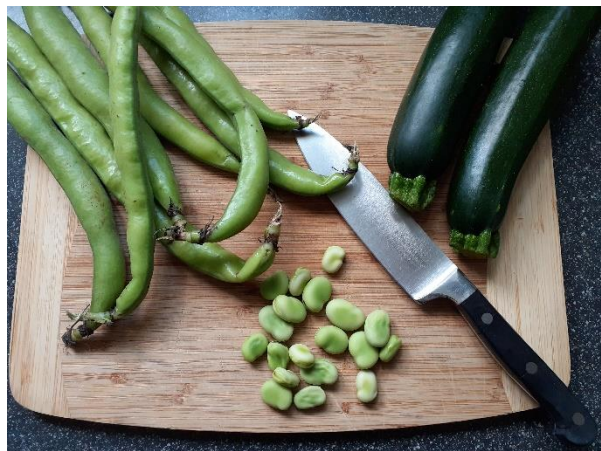
1 cup broad beans

couple of sprigs of mint

juice ½ a lemon

2 tbsp extra virgin olive oil

pinch of salt and pepper



Optional extras: avocado, feta, or bulk the dish out with more salad leaves like rocket or gem lettuce

Finely slice the mint leaves and mix with the oil, lemon juice, salt and pepper, and set aside while you prepare the rest of the salad, so the mint flavour really comes out.

Pod the broad beans, bring a pan of water to the boil, then simmer the beans for 2-3 minutes.

Slice the courgette into fine ribbons with a peeler or mandolin and mix in with the dressing to soften.

Drain the broad beans and plunge them into ice water to halt the cooking process. Some people prefer to peel the skins off the beans at this stage and just consume the bright green centre, and with older beans this can be prudent as the skins can get tough, but if they are fresh this shouldn't be necessary.

Add the beans to the courgette and dressing mix and enjoy as a lovely addition to any barbeque!

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