

Courgette and Tomato Cheese Bake

3 medium courgettes
sea salt to taste
freshly ground black pepper, to taste
4–5 cloves garlic, minced or finely chopped
extra virgin olive oil
200 g mozzarella, sliced
3 medium vine-ripened or truss tomatoes
freshly chopped basil, to taste
1 cup mixed herb Coating, tossed in 1–2 tbsp olive oil



Preheat oven to 175 °C.

Trim both ends of each courgette. Cut them in half; then shave lengthwise into thin flat strips using a potato peeler.

Place in a colander and sprinkle with sea salt. Set aside for 10–15 minutes. Press with dry towels to extract some of the moisture.

In a 25-cm pie pan (or gratin pan or baking dish), layer the courgette strips in an overlapping pattern. Season with pepper and garlic. Drizzle with olive oil and layer with mozzarella. Slice the tomatoes and place on top of the mozzarella. Season the tomatoes with sea salt, pepper and fresh basil.

Top with the mixed herb coating. Bake for 35–40 minutes until the courgette is fork-tender and the topping is golden brown. Set aside for 5 minutes before cutting and serving.

Herb crumb: 1 cup gluten-free breadcrumbs and 2 tsp of my italian herb mix

(add 1 tbsp each of dried marjoram, thyme, basil, oregano and

rosemary to a jar, then seal and shake well to blend the herbs together).