

Baked Courgette Chips

Serves 4



Ingredients

3 large courgettes
1 tbsp dried mixed herbs
2 tbsp Parmesan or other hard cheese, finely grated
1 tbsp Olive Oil
Pinch or two of sea salt flakes
A grind or two of black pepper
A few pinches of sweet smoked paprika

All of these measurements are a guide, this recipe will be just as delicious if your family loves cheese and doubles what I suggest above. Also if you don't have the sweet smoked paprika in the cupboard, use regular paprika or leave it out all together. Don't let it stop you making these though, they are REALLY good!

Method

Heat your oven to 190C. Prepare a baking tray by covering it in a sheet of baking parchment.

Cut the stalk and the end off the courgette. Next cut the courgette in half. Then cut each half into half again but this time length ways.

Put the flat (white) surface of the courgette onto the chopping board and slice the courgette into fingers. Try to make long, thin shapes, like chips.

You want the pieces to be quite small so that you get lots of tasty topping on each chip, also courgettes are a watery vegetable and pieces that are too large can end up soggy and we want baked and crispy!

If you have a safe knife, (I use lettuce knives search 'lettuce knife' on amazon). Your children can do this themselves, adults just need to help with the oven.

Arrange the courgettes onto your baking tray, into neat rows leaving a little space between each piece.

Now, carefully sprinkle all your toppings over the courgettes, try not to eat all the cheese, this is tricky!

Make sure each piece has a good covering of all the toppings and finally drizzle the olive oil over all the courgette pieces.

Put the tray into the oven and bake for 30 minutes or until the pieces are golden brown.

Don't eat these hot out of the oven, they are most delicious warm, so let them cool down before you dig in!

**TWO
TEASPOONS**
COOKERY

