

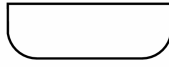
**COURGETTE RISsoles**

**makes 12-15**

These little snacks can be eaten with your fingers. When you've a glut of courgettes you'll be making these all the time. They also make a good accompaniment with grilled meat.

**Ingredients**

- 500g (1lb) courgettes
- 120ml (4oz) olive oil
- 1 onion, chopped
- 2 spring onions, sliced
- 1 garlic clove, finely chopped
- 3 slices bread, turned into crumbs
- 2 eggs
- 200g (7oz) Wensleydale, cubed
- 4 tbs chopped fresh oregano
- 60g (2oz) plain flour
- salt and pepper
- lemon wedges



**Method**

Cut the courgettes into 4cm(1½") lengths and boil in salted water for 10 minutes, until soft. Drain and cool.

Heat 3tbs olive oil, add the spring onions and onion. Sauté until translucent then add garlic. Cook for 2 more minutes and remove from heat. Tip the onions into a bowl.

Using your hands, squeeze the courgettes to extract as much water as possible, then add them in the bowl.

Add the crumbs to the courgettes. Finally mix in the cheese, eggs and oregano. Season with pepper and salt to taste.

Form small rissoles with your hands. If the mixture feels too moist add a little flour. Coat the rissoles with flour.

Heat the remaining olive oil in a frying pan, fry the rissoles in batches, browning them on both sides.

Serve warm with lemon wedges.