

Courgette Caprese Ciabatta



Serves 2 Prep 15 mins + cool & salt Cook 10 mins Easy

Ingredients

3-4 tbsp extra virgin olive oil
1 courgette, finely sliced - a mandolin works well
1 garlic clove, finely sliced (optional)
½ red chilli, finely sliced or finely sliced red pepper(optional)
½ lemon, zested and juiced
handful of basil leaves, ½ finely sliced
2 ripe vine tomatoes at room temperature, sliced
2 individual or 1 long ciabatta baguette, split through the middle
2 tbsp fresh pesto, vegetarian if needed
1 mozzarella or burrata, drained

1. Warm the olive oil in a deep frying pan & fry the courgettes over medium heat with a pinch of salt for 5-7 mins to soften. Stir in the garlic & chilli & fry for 3-5 mins until fragrant. Remove from the heat. Stir in the lemon zest & juice & finely sliced basil, tip into a bowl & cool. Will keep chilled for 5 days, serve at room temperature.
2. Put the tomato slices on a plate. Season with salt & leave 10 mins to release some water & concentrate the flavour. Heat a little oil from the courgette bowl in a non-stick frying pan (or the pan used for the courgettes), & fry the bread cut-side down until golden.
3. Spread the pesto on the base of the bread. Top with the mozzarella slices or burrata torn over & spread with the back of a spoon. Add the salted tomato slices to the top sides of the bread & season with black pepper. Tuck a few basil leaves with the tomatoes.
4. Spoon the courgettes over the burrata with a generous helping of the lemony olive oil. It should be generously piled up. Sandwich together and cut in half to serve.