

Courgette, Potato & Bechamel Bake



Serves 4 Prep 15 mins

Cooking 1hr

Easy

Ingredients

2-3 large potatoes (about 500g)
2 large courgettes (about 500g)
50g butter, plus extra for greasing and finishing
50g plain flour
550ml whole milk
60g parmesan, grated
Salt, and black pepper
Nutmeg
1 handful fine breadcrumbs

1. Peel the potatoes, top & tail the courgettes. Using a mandolin, the slicer attachment on a blender or with a sharp knife, cut both vegetables into very thin slices – don't worry if they are uneven or not in whole slices. Pat the cut slices dry with a tea towel
2. Now, make the bechamel. In a saucepan set over a medium heat, melt the butter, then add the flour and stir it into a thick roux. Gradually whisk the milk into the paste – it will thicken and then thin. Continue cooking over a medium heat, stirring firmly in a figure of eight, until it is thick enough to fall slowly from the back of the spoon. Add half the cheese, taste and season with salt, pepper and nutmeg.
3. Heat the oven to 200C (180C fan)/gas 6. Butter an ovenproof or Pyrex dish, tip in all the potatoes & courgettes, sprinkle with salt and toss. Pour over the bechamel & stir so that the vegetables are covered in sauce. Level the top, sprinkle over the remaining cheese and a handful of breadcrumbs, and dot with butter.
4. Cover lightly with foil and bake for 40-45 minutes, removing the foil for the last 10 minutes to brown the top.