

Andie's Courgette Polpette

Andie Bright has been a regular customer of ours for years, and she's also a whizz at adapting recipes to use up any gluts from the garden. She has based this recipe on the River Cottage Polpette, but changed it to make it wheat-free - and her kids love them, perfect with pasta, salad or quick snacks!

Serves 2-4

500g courgette

1 beaten egg

grated zest of ½ lemon

1 tsp parsley

50g cheese (I usually use cheddar)

2 tbsp Parmesan

50g porridge oats

1 crushed garlic clove

black pepper to taste



I dice and cook the courgettes first, in olive oil but they end up more steamed than fried (as I double quantities to 1kg,) and leave a lid on my pan. They need to be left to cool so they don't cook the egg on contact. The rest of the ingredients go in a bowl, then as soon as the courgette is cool enough, mix it all altogether and then add more porridge oats to get a consistency that allows you to drop lumps on an oiled baking tray. I make mine bigger than 'walnut-sized', a goodly tablespoonful of mixture each. Cook in a hot oven until crispy and cooked through. I've experimented with freezing these; the mixture can be frozen in a container, then thoroughly defrosted before making the balls to cook. I did try freezing uncooked balls, but they were a bit mushy when cooked. Freezing cooked balls has worked well for me - I just give them a bit more cooking when they have defrosted. A super quicky lunch when courgettes are out of season - yummy!



Tel: 01793 772287

info@purtonhouseorganics.co.uk

www.purtonhouseorganics.co.uk

This Week We Love... Simply Nutrilicious

This Wednesday & Saturday – 11am-2pm
Guest market stall in the Farm Shop



One of the great things about running the Farm Shop is meeting local entrepreneurs who pop in from time to time. This week we are introducing Simply Nutrilicious, which was set up in May by Vijaya Manchem. You might also recognise Mandy Parsons above, part of the support team for the new company. Their aim is to provide genuinely healthy food for local people, and their delicious snacks and treats are to 'live for' (I was going to say 'die for' but it didn't seem appropriate!). Made with alkaline ingredients, they give you the fix we all crave, and leave you energised and raring to go for the rest of the day. Pop in this week to meet Vijaya and check out the Simply Nutrilicious Facebook page, which has lots of great recipes too.

Kate Robinson

Purton
Farm Shop



From our land to your hand

Farm shop open Tues-Sun
Tel: 01793 772287
www.purtonhouseorganics.co.uk