

Zucchini Salad with Mint and Basil.

Ingredients

800g zucchini

10 leaves mint finely shred

10 leaves basil finely shred

1 garlic clove crushed

Salt, black pepper, extra virgin olive oil.

Method

1. Cut zucchini into 1cm rings or batons 3cm long.
2. Blanch for 2min in boiling salted water.
3. Refresh in cold water.
4. Strain in a colander until dry.
5. Add mint, basil leaves and garlic, season with salt, black pepper, extra virgin olive oil.
6. Prepare the salad 2 hours before serving.