

## Grilled courgette salad

**BBC**  
RADIO



By Christopher Trotter

### Ingredients

2 tsp smooth French mustard  
½ tbsp red wine vinegar  
2 small cloves garlic, crushed to a paste with a little salt  
salt and pepper  
2 tbsp olive oil  
125 mls double cream  
4 or 5 courgettes, sliced lengthwise through the middle  
1 shallot, finely chopped  
tbsp parsley, chopped

**Prep Time: 5 mins**  
**Cooking Time: 10 mins**  
**Serves 4**

### Method

1. Make the dressing by combining the mustard with the vinegar and garlic. Whisk in the oil and season. Stir in the cream. Set aside to allow the flavours to develop.
2. Barbeque the courgette slices or cook them in a hot griddle pan.
3. Distribute the courgette amongst four plates, sprinkle over the shallot and pour over the dressing.
4. Garnish with the parsley and serve immediately while still warm.