

# Courgette and Aubergine Antipasti

Takes 1 hour or more, serves 4 as a side and uses a griddle, or BBQ

## INGREDIENTS

3 courgettes sliced lengthways 3-5mm thick  
2 aubergines sliced lengthways 3-5mm thick  
2 tablespoons olive oil  
1 bunch of mint (about 25g) chopped  
3 tablespoons extra virgin olive oil  
1 tablespoon white wine vinegar  
1 garlic clove, finely mashed  
1/2 teaspoon salt

## DIRECTIONS

This recipe can be made indoors on a griddle pan, or outdoors on your BBQ. Having a large cooking area will really speed up the making of this recipe.

If cooking indoors, heat your griddle pan over a medium heat for 5 minutes, or if using a BBQ for cooking, then light the charcoal and leave to burn until white all over.

Toss the courgette and aubergine slices with 2 tablespoons of olive oil, getting a light covering all over them.

Places the slices on your BBQ or griddle, preferably cooking one type of vegetable at a time, because courgette will take longer to cook. Cook for a few minutes on each side, until slightly charred or shows griddle marks. Turn and cook on the other side.

Once each piece is nicely coloured on both sides, remove them and place in a bowl or dish, covered with cling film. Cook all of the vegetables until you have a bowl of soft, warm vegetable strips. In another bowl mix the extra virgin olive oil, vinegar, mint, garlic and salt, then add this to the cooked vegetables and gently - with your hands - mix them all together. The vegetables might be quite delicate, so take care when doing this.

Once mixed, you can serve straight away, or they will keep for many days when covered in the fridge, in fact, I think they taste better after the flavours have had 24 hours to meld together.

