THE LIGHTER PLATE METHOD

Chayote-Style Courgette Soufflé

A light, cheesy vegetable soufflé that rises properly if you're patient with the egg whites.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**25 min**	**45 min**	**4**	**MEDIUM**

Ingredients

- 4 small courgettes (cooked and diced)
- 4 eggs (separated)
- 200 g single cream
- 2 tbsp ground flaxseed
- 1 tsp sea salt
- 1 pinch black pepper
- 60 g parmesan (grated)

Method

1. Heat the oven to 220°C (fan 200°C) and grease a baking dish.
2. Mix the cooked courgette, egg yolks, cream, flaxseed, salt and pepper together.
3. Whisk the egg whites to stiff peaks in a separate, clean bowl.
4. Gently fold the courgette mixture into the whites, a spoonful at a time, lifting from the bottom to keep as much air in as possible.
5. Transfer to the dish, scatter with parmesan and bake for 20–25 minutes, until golden and well risen.

Tips & swaps

- Serve immediately — like any soufflé, it settles quickly once out of the oven.

Storage & reheating

Best eaten fresh from the oven.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

260	**13g**	**6g**	**20g**	**3g**

Estimated values, for guidance only. Contains: Egg, Milk.