THE LIGHTER PLATE METHOD

Courgette & Parmesan Crisps

Grated courgette pressed into crisp, cheesy discs — a good way to use up a courgette glut.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**30 min**	**45 min**	**6**	**EASY**

Ingredients

- 500 g courgette (grated)
- 100 g parmesan (finely grated)
- 1 pinch black pepper
- 1 pinch sea salt

Method

1. Heat the oven to 180°C (fan 160°C).
2. Squeeze the grated courgette hard in a clean tea towel to remove as much water as possible.
3. Mix with the parmesan, salt and pepper.
4. Spoon small circles of the mixture onto a lined baking sheet, leaving space between each.
5. Bake for about 30 minutes, until the edges are golden, then turn the oven off and let the crisps cool inside to firm up further.

Tips & swaps

- Squeezing the courgette properly dry is the whole trick here — don't rush this step.

Storage & reheating

Best eaten the day they're made; they soften on standing.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

80	**6g**	**3g**	**5g**	**1g**

Estimated values, for guidance only. Contains: Milk.