

Courgette (Makes 8 portions)

Ingredients

2 medium courgettes

Method

1. Wash the 2 courgettes carefully, remove the ends and slice. The skin is soft so doesn't need to be removed.
2. Steam until tender, about 10 minutes.
3. Purée in a blender or mash with a fork.

Note

This is good mixed with sweet potato or carrot.