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Ingredients

Serves 4

- 4 courgettes
- 1 unwaxed lemon
- 1 x 400g tin cannellini beans, drained
- 2 tablespoons chopped chives
- 1 tablespoon chopped flat-leaf parsley
- salt and freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Gino's

Courgette ribbons with cannellini beans & lemon dressing

If you need a quick salad that will take you less than 4 minutes from start to finish, this is the one you should try. It is fresh, light, colourful and of course really, really tasty. It's great for a starter or to accompany any fish or meat. Substitute the cannellini beans with chick peas if you prefer and make sure you use good-quality Italian extra virgin olive oil.

Slice the courgettes thinly lengthways using a swivel-bladed peeler (try not to use too much of the centre of the courgette as it is less tasty.) Bring a medium saucepan of water to the boil and cook the strips for 1 minute. Drain and place in a large bowl.

Grate over the zest of half the lemon and squeeze in the juice of the whole lemon. Add the cannellini beans with the chives and parsley, and season with salt and pepper. Pour in the oil and mix well. Leave to marinate for 2 minutes before serving.

Serve at room temperature.

128 cals 6.3g fat 0.9g saturates 4g sugars 0.8g salt



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