



## Courgette Porridge

Serves 2

### Ingredients

20g Porridge  
100ml milk  
1 courgette, peeled, cut into fingers

### Method

1. Add water to a sauce pan bring to the boil while you prepare the courgette.
2. Place a metal colander on top of the sauce pan.
3. Cut ends of courgette and peel to remove the skin. Cut into finger sized pieces.
4. Cover with tin foil to cook for approx 10 minutes until soft enough to squish between finger and thumb.
5. Mash the remaining courgette and set aside.
6. Add milk to a pan and bring to a simmer. Add the oats and cook for 15 - 20 mins until cooked.
7. Add mashed courgette and mix well.
8. Serve immediately along with some courgette fingers.