Forkful Food

Mini Courgette & Lime Loaves



Recipe by Eat Well Live Well — moist courgette and pistachio loaves finished with a honey-lime glaze and crisp courgette chips.

MAKES 8 MINI LOAVES

Ingredients

LOAVES:

- 125g self-raising flour
- 95g wholewheat plain flour
- 1 tsp ground cinnamon or ginger
- 1/2 tsp bicarbonate of soda
- 1/2 tsp salt
- 35g pistachios, chopped
- 1 medium courgette, grated (to make 1 cup)
- 1 apple, grated (to make 1/2 cup)
- 165g light brown sugar
- 3 eggs
- 160ml olive oil (or any vegetable oil)
- 1 tsp vanilla extract

COURGETTE CHIPS & LIME SYRUP:

- 1/2 courgette, finely sliced on a mandoline
- 60ml honey
- Zest of 1 lime
- Juice of 1/2 lime

Directions

Make the Batter

Preheat the oven to 180C. Grease and line 8 mini loaf tins and line the base with parchment. Mix the flours, cinnamon (or ginger), bicarbonate of soda and salt in a large bowl, then stir in the pistachios. In a separate bowl or jug, mix the courgette, apple, sugar, eggs, oil and vanilla together. Pour into the flour mixture and stir until just combined.

Bake the Loaves

Divide the batter equally between the loaf tins and bake for 20 minutes, until a skewer comes out clean. Remove from the oven and leave in the tins for 5 minutes.

Make the Courgette Chips & Syrup

While the loaves are baking, make the chips. Warm the honey in a small pan over a low heat until it comes to a simmer. Add the courgette slices and simmer for about 3 minutes until soft but still holding their shape. Drain the courgette with a sieve over a bowl, retaining the syrup, then arrange the slices on a parchment-lined baking sheet in a single layer. Bake at 150C for 15 minutes or until dry, then remove and leave to cool. Stir the lime zest and juice into the reserved honey to make the syrup.

Finish and Decorate

Remove the loaves from their tins to a wire rack to cool, then brush liberally with the lime and honey syrup and arrange the courgette chips on top to decorate.

Tips

Don't squeeze the courgette.

That moisture is what keeps the loaves soft. Also, squeezing courgettes is a faff and life's too short.

Brush the cakes while warm.

Warm loaves drink up the syrup far better than cold ones.

Making ahead and storing

The loaves keep for up to 3 days in an airtight tin. The chips will go soft after a while on the cakes, so store them separately and add them just before serving. Un-glazed loaves freeze well for up to a month

Prep & cook: 20 mins prep / 20 mins bake (loaves) / 15 mins bake (chips)

Cost: £6.32 total • £0.79 per loaf **Allergens:** wheat, pistachio, egg