

## Courgettes cooked in olive oil, parsley and garlic *(Side dishes)*



### Preparation

Clean and cut the courgettes into round slices. In a frying pan, sauté the garlic in the oil, then add the parsley and finally add the courgettes. Cook over high heat, stirring frequently. When cooked, arrange them on a serving plate and sprinkle with fresh parsley and salt. Serve hot.

### Tips

If you do not want the garlic flavour to be too overpowering, take care to remove it from the pan before adding the courgettes.

### Trivia

With the same cooking method you can also make aubergines.

### Information

**Preparation** 20 minutes

**Total Time** 15 minutes

**Serves X** Serves 3 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Courgettes** 500 grams

**Extra virgin olive oil** (A drizzle of extra virgin olive oil)

**Garlic** 1 clove

**Salt**