

## Marinated courgettes *(Side dishes)*



### Preparation

Peel and cut the courgettes into strips and fry in hot oil. Meanwhile, slice the onion and garlic very thinly. When the courgettes are fried, remove them from the oil, drain and place on paper towels to dry. Brown the onion and garlic in the oil until they are transparent, add the vinegar (preferably white) and then shortly afterwards the wine and the mint (and bay leaf and sage if desired) - reduce the wine and the vinegar. Finally, pour the wine mixture over the courgettes in a container where it will soak for 5-6 hours.

### Tips

When you choose your courgettes, take note of the colour to ascertain their provenance: the darker ones come from northern Italy, while those with a lighter colour come from the central regions.

### Trivia

Although the term 'courgette flowers' may be misleading, they are indeed located on the courgette itself.

### Information

**Preparation** 20 minutes

**Total Time** 15 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

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### Ingredients

**Courgettes** (3 courgettes)

**Onions** (1 big onion)

**Garlic** 3 cloves

**White wine vinegar**

**Red wine** (Half a glass of red wine)

**Mint** (2 sprigs of mint)

**Sage** (To taste if desired)

**Bay leaves** (To taste if desired)

**Extra virgin olive oil**

**Salt**