Zucchini Dip

Ingredients

1/3 cup olive oil
3 cups of grated zucchini
1 clove garlic finely chopped
1 teaspoon of coriander seeds crushed
Juice of 1/2 a lemon
Salt and pepper to season

Method

1. Grate the zucchini
2. Chop the garlic
3. Crush the coriander seeds with a mortar and pestle
4. Heat 2 tablespoons of oil in a fry pan over a medium heat add the zucchini, garlic and coriander seeds and season with a little salt and pepper, stir and cook until soft
5. Remove from heat and put it all into a food processor then add the lemon juice and the rest of the oil
6. You may need to add a little more salt or pepper to your taste.