

## **COURGETTE RIBBONS WITH CANNELLINI BEANS AND LEMON DRESSING**

### **INGREDIENTS:**

4 courgettes  
1 lemon  
1x 400g tin of cannellini beans (drained)  
2 tbsp chopped chives  
1 tbsp chopped parsley  
salt and pepper  
2 tbsp extra virgin olive oil

Slice the courgettes thinly lengthways using a mandoline or a potato peeler. I then steam them in the microwave for a couple of minutes, but they can also be dropped in boiling water and boiled for a minute.

Grate over it the zest of the lemon and squeeze in the juice. Add the cannellini beans, chives and parsley and season with salt and pepper.

Pour in the oil and mix well. Leave it to marinate for a few minutes before serving.