



courgettes crumble

Ingredients for 4 persons

For the crumble:

200g flour
150g parmesan
90g olive oil

And also:

2 green peppers
2 yellow courgettes
About 20 PDO olives noires de Nyons (black olives)
1 garlic clove
1 onion
Salt, pepper
Thyme
Espelette pepper AOP (PDO)
1 tbsp PDO huile d'olive de Nyons
½ vegetable stock cube



Preparation: 15 mins
Cooking: 50 mins

Heat 10cl of water, then dilute the ½ vegetable stock cube.
Wash and cut the courgettes into pieces of 1 to 2 cms.
Peel and chop the onion. Sauté in some olive oil. Add the courgettes.
Peel the garlic cloves and remove the germs. Crush it with the courgettes.
Add the stock and cook over low heat for 25 min.

Make the crumble by mixing the flour, parmesan and olive oil, kneading well so as to obtain a granular mixture.
Put the courgettes in an oven proof gratin dish.

Cover with the crumble dough. Bake at 210°C (gas 7) for about 25 minutes, the crumble has to be golden brown.