



# COTSWOLD GOLD

EXTRA VIRGIN COLD  
PRESSED RAPESEED OIL

## *Crispy, Healthy Courgettes...*



### *Ingredients...*

2 large courgettes  
1 small bottle of beer  
300g self raising flour  
Fresh parsley  
50g parmesan cheese

- Cut the courgettes into slices
- To prepare the batter, add flour to the beer whilst whisking to create a smooth, thick mixture
- Heat Cotswold Gold oil in a frying pan to 'chip cooking heat'
- When the oil is hot enough, dip the courgette slices into the batter and then place into the frying pan for 2-3 mins until crispy and golden, turning once.
- Once cooked, place on a sheet of kitchen roll to remove excess oil
- Serve with a sprinkling of parmesan and fresh parsley

Cotswold Gold is a perfect way to enjoy fried food in a healthy way!