

Courgette Loaf Cake

Ingredients:

250 g (8oz) courgettes
2 eggs
125 ml (4 fl oz) sunflower oil, plus extra for greasing
250 g (8oz) caster sugar
1/4 tsp vanilla extract (optional)
375 g (12oz) self-raising flour
1 tsp ground cinnamon
60 g (2oz) walnut pieces, coarsely chopped

1 kg (2 lb) loaf tin

Method:

1. Coarsely grate the courgettes, put them into a sieve, and leave for about 30 minutes to drain.
2. Beat the eggs until light and foamy. Add the sunflower oil, sugar, vanilla extract (if using) and courgettes and mix lightly until combined.
3. Sift the flour and cinnamon into a large bowl. Make a well in the middle, pour in the courgette mixture, and stir to mix thoroughly. Stir in the chopped walnuts.
4. Pour the mixture into the greased loaf tin and bake in a preheated oven at 180 degree C (160 degree C fan, Gas 4) for about 50 minutes until firm. Turn out and cool.