

MARLEY SPOON



Zucchini and Ricotta Parmig...

with Crunchy Parmesan Crust



30-40min



4 Portions

This Italian bake originally featured basil, but due to a lack of supply, we've substituted fresh oregano. Rest assured, you'll still enjoy the same aromatic flavour in this golden parmigiana layered with sweet grilled zucchini, thyme-infused tomato sauce and creamy ricotta.

What we send

- 6 zucchini
- oregano, thyme and 2 garlic cloves
- ricotta ⁷
- panko breadcrumbs ¹
- parmesan ⁷
- diced tomatoes

*The remainder of this ingredient won't be used in this recipe.

What you'll require

- olive oil
- sea salt and pepper
- spray oil

Utensils

- 1L baking dish
- foil
- grater
- oven tray
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 575.0kcal, Fat 39.2g, Proteins 26.6g, Carbs 26.9g



1. Make tomato sauce

Crush or finely chop the **garlic**. Pick the **thyme** leaves, discarding the stems. Cook the **garlic** and **1 tbs oil** in a small saucepan over medium heat for 1 min or until lightly golden. Stir in the **tomatoes** and **half the thyme**, and season with **salt and pepper**. Bring to a simmer and cook, stirring occasionally, for 8-10 mins until slightly reduced. Remove from heat.



4. Start assembling

Layer **one-third of the zucchini** slices in the base of the baking dish. Top with **one-third of the tomato sauce**, **half the remaining parmesan** and **half the ricotta**. Scatter over **half the oregano**.



2. Grill zucchini

Meanwhile, preheat the grill and line an oven tray with foil. Trim **zucchini**, then cut lengthwise into 5mm-thick slices. Place in a single layer on the lined tray. (Grill in batches for 4P** see cooking tip). Lightly spray both sides of the **zucchini** with **oil** and season with **salt and pepper**. Grill, turning halfway, for 5 mins or until lightly golden.



5. Finish assembling

Repeat Step 4, then layer the **remaining zucchini** and **tomato sauce**. Scatter over the **breadcrumb mixture** and bake in the oven for 10 mins or until bubbling and the cheese is melted.



3. Prepare ingredients

Meanwhile, finely grate the **parmesan**. Pick the **oregano** leaves, discarding the stems. Combine the **panko breadcrumbs** with the **remaining oil**, **one-third of the parmesan** and the **remaining thyme**. Switch grill to oven mode at 200C.



6. Grill parmigiana

Return oven to grill mode and grill the parmigiana for 2 mins or until the top is golden. Set aside for 5 mins before slicing and serving.