



## Quick Zucchini Parmigiana

with Fresh Tomato Sauce



30-40min



2 Portions

Spring is the perfect time to enjoy sweet zucchini as it is at its optimum taste and texture. Here, we've transformed it into a rich and tasty parmigiana, using ricotta, thyme and parmesan to create a classic Italian accent. Serve with a crisp green salad and a glass of your favourite vino!

## What we send

- thyme, basil, 2 garlic cloves
- mixed leaves
- chopped tomatoes
- vinaigrette
- panko breadcrumbs 1
- ricotta 7
- parmesan 7
- zucchini

## What you'll require

- olive oil
- salt and pepper

## Utensils

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

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

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

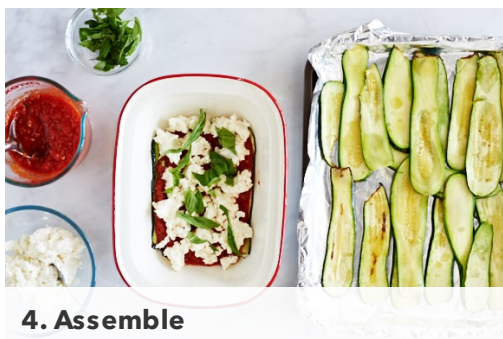
## Nutrition per serving

Energy 525.0kcal, Fat 33.3g, Proteins 24.3g, Carbs 28.8g



**1. Prepare ingredients**

Finely grate the **garlic** into a small saucepan. Add 1 tbs **oil** and cook over medium-high heat for 1 min. Add **tomatoes** and **thyme sprig** and season with **sea salt and pepper**. Bring to a simmer and cook, stirring occasionally, for 8-10 mins until slightly reduced. Remove from heat.



**4. Assemble**

Place  $\frac{1}{3}$  of the **zucchini** in the base of a 1L baking dish. Top with  $\frac{1}{3}$  of the **tomato sauce**, then 75g **ricotta** and half of the **basil**.



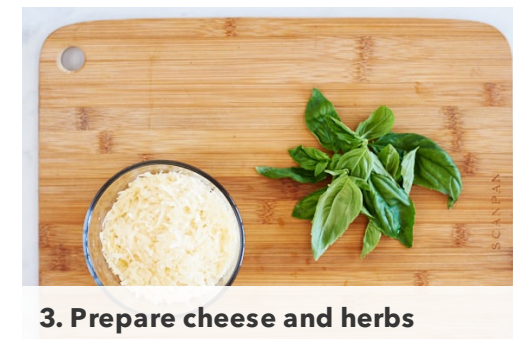
**2. Grill zucchini**

Meanwhile, preheat oven grill with rack 10cm from heat. Trim **zucchini** then cut lengthwise into 5mm-thick slices. Place on a foil-lined oven tray. Drizzle both sides of the zucchini with **oil** and season with **sea salt and pepper**. Grill for 6 mins, turning halfway through, until softened and browned. Switch oven to 200C.



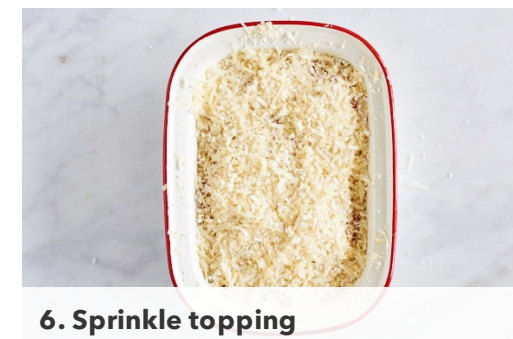
**5. Finish assembling**

Repeat layering with the **zucchini**,  $\frac{1}{3}$  of the **tomato sauce**, 75g **ricotta** and remaining **basil**, then finish with a layer of zucchini and tomato sauce.



**3. Prepare cheese and herbs**

Meanwhile, grate the **parmesan**. Pick the **basil** leaves and tear larger leaves into smaller pieces.



**6. Sprinkle topping**

Combine the **parmesan** and **panko breadcrumbs** and sprinkle over the top. Bake for 15 mins or until bubbling and golden. Stand **zucchini parmigiana** for 5 mins before serving. Serve with **mixed salad leaves** tossed with **vinaigrette**.