Zucchini RECIPES



Middle eastern zucchini dip



Total preparation and cooking time: 15 minutes + chilling time



Makes 2 tubs



Dip can be frozen in portions



2 tbsps. olive oil

2 medium zucchinis, chopped

2 cloves of garlic, finely chopped

2 tbsps. lemon juice

2 tbsps. fresh mint leaves, chopped

½ cup natural or Greek yoghurt





HOW TO MAKE IT:



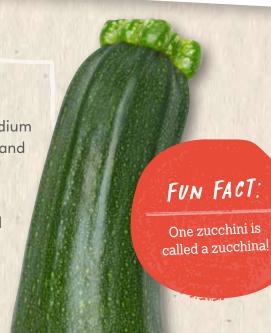
On a stove top, heat the oil over a medium heat in a frying pan, add the zucchini and garlic and cook until soft. Cool.



In a large bowl combine the zucchini mixture with the lemon juice, mint and yoghurt. Blend with a stick mixer or potato masher until smooth.



Chill in the fridge for 20-30 mins.



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Creamy zucchini soup



Total preparation and cooking time: 35 minutes



Serves: 4-6



Soup can be frozen

WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 brown onion, chopped
- 1 garlic clove, finely chopped
- 1 tsp. garam masala
- 2 large potatoes, peeled and chopped into chunks
- 4 large zucchinis, chopped into chunks
- 4 cups salt-reduced vegetable
- 3/4 cup natural or Greek yoghurt



On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, garlic and garam masala. Cook until the onion is soft.

Add the potato and zucchini



Add the stock and 1 cup of water and bring to the boil.

and stir for 5 mins.

Reduce the heat to low and simmer for 20 mins until the potatoes are soft.



- Remove from heat and cool before blending.
- Stir in yoghurt, warm through and serve.

Zucchini slice



Total preparation and cooking time: 40 minutes



Serves: 4 (as a side dish)



Slice can be frozen

WHAT YOU NEED.

- 5 eggs
- 1 cup wholemeal self-raising flour, sifted
- 3 spring onions, finely chopped
- 1 cup grated cheese
- 2 medium zucchinis, grated
- ¼ cup vegetable oil
- 1 carrot, grated



HOW TO MAKE IT:



Preheat oven to 190° C and line in a 30 x 20cm deep tray with baking paper.



In a large bowl beat the eggs until combined.



Add the flour and beat until smooth then add the spring onion, cheese, zucchini, oil and carrot and stir to combine.



Pour the mixture into the tray and bake in the oven for 30 mins or until cooked through.