

Zucchini

RECIPES



Middle eastern zucchini dip



Total preparation and cooking time:
15 minutes + chilling time



Makes 2 tubs



Dip can be frozen in portions



DID YOU KNOW? YOU CAN EAT MY FLOWERS TOO - YUM! ★



WHAT YOU NEED

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

A GREAT AFTER-SCHOOL SNACK
— SMEAR ME ON FLAT BREAD

HOW TO MAKE IT:



1

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.



2

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.



3

Chill in the fridge for 20–30 mins.

FUN FACT:

One zucchini is called a zucchina!



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 stock

¾ cup natural or Greek yoghurt

HOW TO MAKE IT:



1 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.



2 Add the potato and zucchini and stir for 5 mins.

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

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



5 Remove from heat and cool before blending.

6 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



GREAT HOT OR COLD

PERFECT FOR LUNCHBOXES!

HOW TO MAKE IT:



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



2 In a large bowl beat the eggs until combined.



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



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