



GRILLED COURGETTE/ ZUCCHINI WITH PARSLEY DRESSING

INGREDIENTS

- 2 tablespoons of pine nuts
- 6 tablespoons of olive oil
- 2 tablespoons of balsamic vinegar
- 15 grams of parsley
- 2 courgettes/zucchini
- 200 grams of feta/ white cheese

DIRECTIONS

Preheat the oven at 200° Celsius.

Roast the pine nuts in a dry frying pan golden and put them in a bowl.

Slice the parsley fine.

Blend 4 tablespoons of olive oil with the balsamic vinegar, the parsley and black pepper at taste.

Halve the courgettes/zucchini and spread them with the rest of the olive oil.

Bake the courgettes/zucchini for 8 minutes and turn them halfway.

Put the courgette/zucchini with the cutting surface up. Crumble the cheese and sprinkle the cheese and the pine nuts on the courgettes/zucchini.

Bake 3 - 4 minutes more. Put them on a dish and sprinkle with the parsley dressing.

MAIN COURSE

4 PERESONS

TIJD: 37 MINUTES

SEE MORE AT:

LA
COMIDA
Deliciosa

