

# ZUCCHINI



## PREPARATION



- Top and tail zucchinis and wash in water.
- Slice into rounds or lengths.

## ADD FLAVOUR



- Pan fry with crushed garlic and fresh herbs.
- Add a tin of flavoured canned tomatoes to pan fried zucchini.
- Add diced courgette to tinned pasta sauce for a quick pasta or spaghetti topping.

## STORAGE



- In a vegetable drawer in the refrigerator for 4-5 days.

## VEGE UP



- Grate zucchinis into mince dishes; meatballs, bolognaise, meatloaf or homemade burger patties.
- Add to stir-fries, soups, frittatas or quiches.
- Add cooked zucchinis to roast vegetable salads or vegetable platters.

## COOKING



- Steam over boiling water for 3 minutes or until tender.
- Microwave with a little water (2 Tbsp) in a covered dish for 2 minutes.
- Pan fry in 1 Tbsp oil for 2-4 minutes.
- BBQ zucchinis lengths brushed with a little oil.