

Roasted zucchini, feta cheese, crushed hazelnuts, lemon zest |

Recipe for 4 servings

Description

A child's play that leaves room for a lot of imagination.

Note

A recipe that can also be done on the BBQ, you can also choose the eggplant, in this case, you will eat the flesh, the skin will remain more difficult to eat.

Be careful with the salt in the rest for the finishing, you already have the feta cheese which is salty.

Ingredients

Roasted zucchini

- 2 Unit(s) Zucchini
- Salt and pepper
- Olive oil

Garnitures

- 200 Gr Feta cheese
- 75 Ml Hazelnuts
- 1 Unit(s) Lemon zests
- 4 Tbsp Sour cream
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **450 F°**
- Resting time **30 mins**

Roasted zucchini

Take the two zucchinis and cut them lengthwise, antagonize the flesh with the point of a small knife. Place the zucchini on a baking sheet, season the cut flesh with salt and let stand for 30 minutes. Using a paper towel, blot up excess moisture. Turn the zucchini over on a paper towel for 2/3 minutes.

In a hot frying pan with olive oil, sear the zucchini halves flesh side down, once a nice color is obtained (5/6 minutes), place them on an oven dish.

When you are ready to eat.

Place them in the oven for 5 minutes ... remove them, then turn them over and bake for another 5 minutes.

Garnitures

Hazelnuts

Place the hazelnuts on a baking sheet, put them in the oven for 4 to 5 minutes (roast), watch out for

the coloring.

Once out of the oven, crush the hazelnuts under a pan or with the flat of your chef's knife.<

Crumble the feta directly onto the zucchini on the plates, then sprinkle with the crushed and roasted hazelnuts.

Finish with a good turn of the pepper mill.

Bon appétit!