



Mediterranean salad with zucchini and fried feta

15'
Hands on

4-6
Portion(s)

1
Difficulty



Method

- Place a grill pan over medium-high heat and add the olive oil.
- Cut the zucchini into thin slices and transfer them to the grill pan. Cook them for 2-3 minutes on each side. Remove and set aside.
- At the same time, place a frying pan or a fritter with the seed oil over medium-high heat until the oil reaches 190° C (370° F).
- Add the flour into a bowl and the water into another one.
- Cut the feta cheese into thin sticks and dip them alternatively into the flour, the water, back in the flour, the water, and fry them for 1-2 minutes until slightly golden.
- Remove and set aside.

For the dressing

- In a bowl add the jam, the lemon juice, and mix.
- Add the olive oil, salt, pepper, and mix.

To assemble

- Add the fresh salad into the bowl with the dressing.
- Add the sundried tomatoes finely chopped, the feta cheese, the zucchini, and the sesame seeds.
- Add olive oil and serve.

Ingredients

- 2 zucchinis
- 1 tablespoon(s) olive oil
- 200 g feta cheese
- 100 g all-purpose flour
- 300 ml seed oil, for the frying
- 230 g green salad
- 50 g sun-dried tomatoes
- 20 g sesame seeds, black

For the dressing

- 1 tablespoon(s) jam, citrus
- lemon juice, of 1 lemon
- 2 tablespoon(s) olive oil
- salt
- pepper

To serve

- olive oil

Διατροφικός πίνακας

Nutrition information per portion

238 Calories (kcal)	16.0 Total Fat (g)	6.0 Saturated Fat (g)	13.0 Total Carbs (g)
12%	23%	30%	5%
7.0 Sugars (g)	8.0 Protein (g)	2.6 Fibre (g)	1.0 Sodium (g)
8%	16%	10%	17%