



Baked Zucchini and Parmesan Rounds

15'
Hands on

30'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 2 zucchinis
- 2 tablespoon(s) olive oil
- 40 g parmesan cheese, grated
- 35 g dry breadcrumbs
- 1 pinch salt
- pepper, freshly ground

To serve

- 200 g strained yogurt
- lime juice, of 1/2 lime
- lime zest, of 1/2 lime
- 5 mint leaves, finely chopped
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

161 Calories (kcal)	11.0 Total Fat (g)	3.2 Saturated Fat (g)	8.2 Total Carbs (g)
8%	16%	16%	3%
2.1 Sugars (g)	6.5 Protein (g)	2.7 Fibre (g)	0.32 Sodium (g)
2%	13%	11%	5%

Method

- Preheat oven to 230* C (440* F) Fan.
- Line a 35x40 cm baking pan with parchment paper.
- Slice the zucchini into 5 cm rounds.
- Put them in a medium bowl. Add 2 tablespoons of olive oil and toss to coat.
- In another bowl, combine the grated parmesan, breadcrumbs, salt and some pepper.
- Dip each zucchini round into the parmesan mixture to coat completely on both sides. Press it down gently in the mixture to make sure the coating adheres as best as possible.
- Spread coated zucchini in baking pan, in a single layer.
- Bake for 25-30 minutes, until golden brown and crunchy.
- Remove with a spatula and transfer to a serving platter.
- Serve immediately.
- **For the yogurt dip:**
- In a bowl, add the yogurt, zest, mint leaves. Mix until creamy.
- Season to taste.