

RESCUE*RECIPE- ZUCCHINI MEZZE

INGREDIENTS

2 Tbsp olive oil (+ more for frying)

1 large zucchini

1 medium red onion sliced in crescents.

3 cloves garlic, chunky cut

1/3 cup raisins

juice of ½ lemon

2 Tbs pine nuts toasted

8 mint leaves cut fine

salt to taste

DIRECTIONS

Step 1 – cover raisins in boiling water, set aside, leave 15 minutes

Step 2 – cut zucchini into coins that are approximately 1/8 inch thick (imagine the height of 2 loonies stacked up)

Step 3 - heat 1 Tbsp oil on medium- high heat in large frying pan. Fry slices of zucchini in a single layer, removing from the pan when golden brown on each side. Remove from pan, place into bowl while continuing to fry each batch. Add more oil if necessary

Step 4 – When all of the zucchini coins have been fried (if the pan is dry) add another Tbsp oil. Add onions to the pan. Stir fry till soft and singed at the tips.

Items in red have been rescued* from disposal.



Step 5 – add garlic to onions, continue to cook 2 minutes. Turn off heat, toss with zucchini.

Step 6 – squeeze water out of raisins. Add them along with pine nuts, lemon juice and mint. Salt to taste. Serve!

Tip: “mezza” is Arabic for sharing.

A great way to serve lots of dishes to share. This is particularly good with flat bread, olives, felafels, tzatziki, Moroccan carrot salad (see Rescue*Recipe page), etc...

FUNKY FOOD FACT

ZUCCHINIS COME INTO SEASON AND IT CAN BE A CHALLENGE TO FIND CREATIVE WAYS TO USE THEM... ALTHOUGH RAW SHOULD ALWAYS BE A FIRST GO-TO, THIS RECIPE PROVIDES A REAL TREAT WHILE RETAINING A SIGNIFICANT AMOUNT OF THEIR PRECIOUS POTASSIUM.