

Kitchen Garden at Collingwood College Term 1, 2021

Name of Recipe: Chargrilled Zucchini –yoghurt /seed sauce

Volunteer Notes: Please check w Des re allergies, vegan or intolerance to >yoghurt or honey.

From our garden: zucchini, basil, parsley, edible flowers

What to collect	What to do
1 kg +large zucchini-Trombone, golden & blackjack. Colander Kitchen paper Brushes XV olive oil	<ul style="list-style-type: none">● Wash your zucchini and pat dry.● Cut into 2 -3 pieces, then using a tunnel hold, cut lengthways down the middle.● Place the flat-side down on board & cut into 1/2 moons... 1/2 cm thick.● Brush with a small bit of olive oil-ready to chargrill.
2 x chargrill pans	<ul style="list-style-type: none">● Heat chargrill pan.● Now fry the zucchini in batches until light brown, once cooked put into a separate bowl.● Cool and set aside.
½ cup-Sunflower & Pumpkin (Pepita) seeds Small pan	<ul style="list-style-type: none">● Toast seeds in a dry pan- set aside when golden brown.
Parsley, finely chopped 4 x stalks Basil, picked/washed/pins dry & torn or rolled and shredded. Salt/pepper	<ul style="list-style-type: none">● Mix the chargrilled zucchini with the chopped parsley & torn basil through, taste the seasoning. Adjust if needed. Add a drizzle of olive oil if needed.
Calendula, borage flowers for decoration Honey 2 x tbsp Yoghurt 1 x cup	<p>Divide the zucchini into 3 portions and place onto platters.</p> <ul style="list-style-type: none">● Mix yoghurt & honey and drizzle over the vegetables.● Scatter toasted seeds on top and edible flowers.● Serve.

