



Pesto Zucchini Roll Ups (ES)

Serving: 1

Veg

Ingredients

- For Pesto Sauce : 1 Cup Basil
- 3-4 Pine nuts or walnuts or almond
- 2-3 Garlic
- 1/4 Lemon Juice
- 1 tsp Olive Oil
- White Sauce
- For Filling : 1/4 Cup Paneer
- 1 Carrot, Diced
- 1/2 Red bell pepper, Diced
- 1/2 Yellow bell pepper, Diced
- 1 Cup Spinach
- 1 onion, Diced
- to taste chilli flakes
- to taste oregano
- For roll Ups: 1 Green Zucchini
- Handful of basil
- Olives to garnish
- For white sauce : 1/2 tsp olive oil
- 1tbsp whole wheat flour
- 1/2 Cup Milk
- to taste salt
- to taste chilli flakes and mixed herbs

Preparation Method

- Blend together all ingredients of the pesto sauce besides the white sauce and set aside.
- In a pan, heat the olive oil, add the flour and milk and keep stirring until it thickens. If you don't stir there will lumps. Season it. Add in the pesto and stir well until combined.
- In a pan add the onion, garlic, carrots, bell peppers and crumbled paneer and cook until the veggies are tender. Season with salt, chilli flakes and oregano.
- Slice the zucchinis very thin using a mandolin or a knife.
- In a baking tray add the pesto sauce. Add 1 tbsp of the filling to the zucchini and gently roll it into a parcel. Repeat for all the remaining zucchini.
- Add pesto sauce and on top and bake for 15 minutes. Garnish with olives and fresh basil.