

Fiori di zucca ripieni

Ingredients:

- * 4 large zucchini flowers
- * 120g ricotta
- * 1 small onion
- * 20g butter
- * Parsley
- * Salt
- * Pepper
- * Olive oil

Steps:

1. Blanch the zucchini in boiling water for 2 minutes, then drain and place in a bowl of cold water.
2. Heat the butter in a pan, add the onion and cook for 5 minutes until soft.
3. Add the zucchini and cook for 5 minutes until just tender. Season with salt and pepper.
4. Finely chop the parsley and basil, then mix with the ricotta in a bowl.
5. Add the cooked zucchini to the ricotta mixture and stir to combine.
6. Fill the zucchini flowers with the ricotta mixture, then place in a dish.
7. Steam for 10 minutes until heated through.
8. Serve the zucchini flowers warm.