

Carpaccio di zucchini

Ingredients:

500g green zucchini
500g yellow zucchini
5 tablespoons (100ml) extra virgin olive oil
Juice of 1 small lemon
2 teaspoons grated lemon rind
225g baby rocket
100g shaved parmesan

Directions:

Step 1

Trim the ends of the zucchini and slice diagonally into wafer-thin rounds. Place in a bowl.

Step 2

Combine the oil, lemon juice and rind, and season with salt and pepper. Pour mixture over zucchini and leave for 5 minutes. Pile the rocket onto serving plates, then top with the zucchini and finish with the parmesan.

Step 3

Serve as a first course or as an accompaniment to simply grilled meat and fish.

THE
COOKERY

by The Secret Jozi Chef

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