



Everything  
But The Chef

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## Herb Crusted Zucchini with Cannellini Salad

**Beware:** Wise men have been known to lose their minds, babbling and muttering under their breath after tasting how good this herb crusted zucchini really is. We have entrusted our HelloFreshers with the secret to the divine flavour - but mind how you go. Some things are just too good!

**Prep:** 10 mins  
**Cook:** 35 mins  
**Total:** 45 mins

level 2  
 low kJ  
 high fibre

**Pantry Items:** Olive Oil



Panko Breadcrumbs



Lemon



Parmesan Cheese



Parsley



Zucchini



Cherry Tomatoes



Cannellini Beans



Red Onion



Rocket



Walnuts

2P	4P	Ingredients
½	1	lemon, zested & juiced
¼	½	red onion, very finely sliced
¼ cup	½ cup	panko breadcrumbs
⅓ block	⅔ block	Parmesan cheese, finely grated
1 tsp	2 tsp	olive oil *
1 bunch	2 bunches	parsley, finely chopped
3	6	zucchini, halved lengthways
½ punnet	1 punnet	cherry tomatoes, halved
1 tin	2 tins	cannellini beans, drained & rinsed
1 bag	2 bags	rocket, washed
¼ cup	½ cup	walnuts

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1490	Kj
Protein	17.1	g
Fat, total	18.8	g
-saturated	2.9	g
Carbohydrate	24.8	g
-sugars	8.9	g
Sodium	365	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chef's knife, chopping board, grater, oven tray lined with baking paper, two small bowls, aluminium foil, and a medium bowl.

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Combine the **lemon juice** and a drizzle of olive oil in a small bowl. Add the **red onion** and set aside until ready to use (this process softens the texture and flavour of the onion).

**3** Combine the **panko breadcrumbs**, **lemon zest**, **Parmesan cheese**, **olive oil**, and the **parsley** in a small bowl. Season with **salt** and **pepper**.

**4** Place the **zucchini** cut side up on the prepared tray. Lightly brush or spray with olive oil and season with a little salt. Spoon the breadcrumb mixture onto the zucchini and gently press to adhere. Cover loosely with foil and cook in the oven for **20 minutes**. Remove the foil and cook for a further **15 minutes** or until the crust is toasted and golden and the zucchini is tender.

**5** Meanwhile, combine the **cherry tomatoes**, **cannellini beans**, **rocket**, **walnuts**, and red onion with its soaking juices in a medium bowl. Drizzle with a good glug of olive oil and season with salt and pepper.

**6** To serve, divide the cannellini bean salad and crusted zucchini between plates.



**Did you know?** Olive oil is technically a fruit juice as olives are pressed to release their juice in the same way as fruits, like oranges.