

Roasted spring veggies with gremolata crumb



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Preparation 35 mins | Cooking 30 mins | Serves 4 as a side dish

8 (200g) zucchini flowers, trimmed
100g Persian or marinated feta, drained and roughly mashed
1 red onion, cut into thin wedges
2 garlic cloves, finely chopped
1 bunch thick asparagus, trimmed and roughly chopped
4 sprigs thyme
olive oil cooking spray
250g mixed truss or heirloom tomatoes

Gremolata crumb:

1 tbs olive oil
½ cup fresh sourdough breadcrumbs
2 garlic cloves, finely chopped
2 tsp finely grated lemon zest
⅓ cup flat-leaf parsley leaves, finely chopped

STEP 1 Preheat oven to 200°C/180°C fan-forced. Gently ease open a zucchini flower's petals and fill with 1 tsp feta, wrap petals around filling and gently twist to seal. Repeat using remaining zucchini flowers and feta.

STEP 2 Arrange zucchini flowers, onion, garlic, asparagus and thyme in a large non-stick roasting pan. Liberally spray with oil, gently tossing to coat, and season with salt and pepper. Roast for 15 minutes. Toss through tomatoes and roast for a further 10-12 minutes until tomatoes are tender.

STEP 3 Meanwhile, to make gremolata crumb, heat oil in a medium non-stick frying pan over medium heat. Add breadcrumbs and garlic and cook, stirring often, until crumbs are golden. Remove from heat and stir through lemon zest and parsley. Sprinkle roasted vegetables with the gremolata crumbs and serve.