

Zucchini flowers with tomatoes, basil & feta



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Preparation: about 10 minutes
Cooking: about 5 minutes
Serves: 4 as a side dish

This delicious combination of vegetables teams well with grilled chicken, lamb or fish.

¼ cup olive oil
300g zucchini flowers*, washed and dried
2 garlic cloves, finely chopped
250g mini roma tomatoes, halved lengthways
⅓ cup small basil leaves
75g marinated feta or goat's cheese, drained and crumbled
Salt and ground black pepper

1. Heat oil in a large non-stick frying pan over medium-high heat. Add zucchini flowers and cook, turning occasionally, for 2 minutes. Add garlic and tomatoes and cook, tossing occasionally, for 2 minutes or until vegetables are just tender. Remove from heat and cool for 5 minutes.
2. Toss basil through zucchini flower mixture. Transfer to a serving platter. Sprinkle with crumbled cheese. Season with salt and pepper to taste and serve.

** Choose female zucchini flowers with a 6–7cm baby zucchini attached. They're sold in punnets or loose by the kilogram at your greengrocer.*



Zucchini flowers

- A good source of vitamin C, one of the important antioxidant vitamins needed for healthy gums and other body tissues.
- Provides dietary fibre which helps the body's digestive system function normally.
- Provides some folate, one of the B complex vitamins that is important throughout life.