



Courgette, curd cheese and tomatoes bundles





Categoria
Vegetariano


Tempo de preparação
Médio



Dificuldade
Fácil


Custo
Intermediate


Com quem?
With family


Nº de pessoas
4 pessoas

Ingredientes

 To taste: Gallo Extra Virgin Olive Oil Bio

- 3 courgettes
- 300g of curd cheese
- 100g of feta cheese
- 3 tbsp of grated parmesan
- 2 chopped garlic cloves
- 1 red onion
- 250g of tomatoes mix
- To taste: basil
- To taste: black pepper
- To taste: fleur de sel

Method of preparation

1

With the help of a mandolin or vegetable peeler, cut the courgette into thin slices, thin enough to fold. Reserve.

2

In a bowl, mix the 3 cheeses, add some chopped basil and season with pepper. Reserve.

3

Spread the tomato, garlic and onion over an oven dish in half-moons.

4

Season with salt, pepper, basil and drizzle with Gallo Extra Virgin Olive Oil Bio.

5

On a board, arrange 4 slices of courgette forming a star.

6

In the center of the star, place a little of the cheese mixture and fold the first two slices of courgette one on top of the other.

7

Then fold the other two forming a bundle. Repeat the process with the rest of the courgette and cheese.

8

Place the bundles on the oven plate together with the tomato. Drizzle with a little more Gallo Extra Virgin Olive Oil Bio.

9

Bake in a preheated oven at 190°C for about 20 minutes.

Produtos utilizados



Bio

Extra Virgin Olive Oil



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