



UCOOK

Vegetarian Zucchini & Feta Gratin

with borlotti beans & grated cheddar cheese

The ultimate veggie bake has just landed, Chef! A classic, golden-baked gratin is loaded with leeks, tomato passata, a chilli mix, baby marrow, borlotti beans, and Danish-style feta. Finished off with a zesty pea crumb and sided with fresh lemon wedges.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Domaine Des Dieux | Claudia Brut MCC 2017

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Ingredients & Prep

100g	Leeks <i>trimmed at the base & halved lengthwise</i>
200g	Baby Marrow <i>rinsed & trimmed</i>
1	Garlic Heads <i>peeled & grated</i>
15ml	NOMU & Chilli Mix <i>(5ml Dried Chilli Flakes & 10ml NOMU Italian Rub)</i>
100ml	Tomato Passata
120g	Borlotti Beans <i>drained & rinsed</i>
40g	Danish-style Feta <i>drained & crumbled</i>
50g	Grated Cheddar Cheese
30ml	Pea Crumb
1	Lemons <i>rinsed, zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey

1. SOME PREP Preheat the oven to 200°C. Rinse and thinly slice the halved leeks. Grate ½ the rinsed baby marrow, place in a clean tea towel, squeeze out, and discard the liquid. Thinly slice the remaining baby marrow, coat in oil, season, and set aside.

2. COOK THE FILLING Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced leeks until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and the NOMU & chilli mix. Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml of water. Simmer until reduced and thickening, 8-10 minutes. Remove from the heat.

3. BAKE IT OFF Stir in the grated baby marrow, the drained beans, and the crumbled feta. Add a sweetener and seasoning. Spread the mixture evenly into a small ovenproof dish. Cover with a layer of the sliced baby marrow and scatter over the grated cheese. Bake until the cheese is golden, 10-12 minutes.

4. GOLDEN CRUMBS Place a pan over medium-high heat with 10g of butter and a drizzle of oil. Once melted, add the pea crumb and fry until lightly toasted and golden, 1-2 minutes. Remove from the pan and mix through the lemon zest.

5. DINNER IS SERVED Plate up the loaded baked gratin, top with the zesty pea crumb, and serve any remaining lemon wedges on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	393kj
Energy	94kcal
Protein	5.1g
Carbs	10g
of which sugars	2.9g
Fibre	2.5g
Fat	4.1g
of which saturated	2.2g
Sodium	198mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days