



# UCCOOK

## 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Domaine Des Dieux | Claudia Brut MCC 2017

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## Ingredients & Prep

300g	Leeks <i>trimmed at the base &amp; halved lengthwise</i>
600g	Baby Marrow <i>rinsed &amp; trimmed</i>
1	Garlic Heads <i>peeled &amp; grated</i>
45ml	NOMU & Chilli Mix <i>(15ml Dried Chilli Flakes &amp; 30ml NOMU Italian Rub)</i>
300ml	Tomato Passata
360g	Borlotti Beans <i>drained &amp; rinsed</i>
120g	Danish-style Feta <i>drained &amp; crumbled</i>
150g	Grated Cheddar Cheese
90ml	Pea Crumb
1	Lemons <i>rinsed, zested &amp; 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, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU & chilli mix. Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 300ml of water. Simmer until reduced and thickening, 10-12 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 an ovenproof dish. Cover with a layer of the sliced baby marrow and scatter over the grated cheese. Bake until the cheese is golden, 12-15 minutes.

**4. GOLDEN CRUMBS** Place a pan over medium-high heat with 30g 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