

# ZUCCHINI ROSTI WITH SHREDDED CHEDDAR CHEESE



A Quick yet Healthy meal is what a working mom needs sometimes...

As a working mom of 3 growing up kids, this dish is a go to recipe when I just feel like taking it easy and yet insist on a healthy meal for my loved ones.

I used a simple handheld shredder, get the zucchini done, get it salted for an hour, simple mixing and we are ready to pan fry. Minimalist for me!

I hope this dish relieve you when you need it...cheers

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## Key facts

Preparation time: 15 mins

Waiting Time: 1 hour

Cooking Time: 25 mins

Total: 1 hr 40 mins

Serves: 6 pax

## Ingredients

- 1kg to 1.2kg of organic zucchini (150g to 200g per pax which is about 4 to 5 zucchini)
- 2 tablespoons of chopped green onion
- 2 tablespoons of coarsely chopped parsley
- 3 cloves of garlic, chopped
- 1/2 teaspoon of salt
- 1 cup of Shredded Cheddar Cheese
- 1.25 cups of self-raising flour
- 2 teaspoons of ground turmeric powder
- 1 teaspoon of paprika powder
- 3 natural eggs
- Rocket Salad
- Cherry Tomatoes (halved)

## Method

- Wash zucchini thoroughly and set aside
- Using your choice of shredder, process the zucchini in a large bowl
- For every stalk of zucchini shredded, sprinkle some salt before adding a new layer/shredded stalk
- Transfer shredded zucchini to strainer
- Leave zucchini for an hour minimally (up to 2 hours), squeezing\* it in thrice interval to get rid of its water. Discard the water
- Transfer the shredded zucchini to a large bowl. There is no need to rinse the zucchini
- Add in the turmeric, paprika, flour, cheese, green onions, parsley, garlic & eggs (beat the egg before pouring in)
- Mix the batter using a fork to blend all ingredients; ensuring no lumpy flour. Do not overbeat
- Heat up 3 to 4 tablespoon of olive oil in pan
- Spoon batter to form pancake size rosti
- 3 mins on each side over medium fire, using the back of spatula to flatten the batter
- Ready to serve when golden brown on surface and crispy at the side
- Dress up the plate with rocket and cherry tomatoes the way you like it!

\*note the dryer the shredded zucchini is, the crispier the rosti will be