



Baked Stuffed Zucchini Flowers

Colourful zucchini flowers are one of my favourite vegetables – especially baked with an aromatic cheesy stuffing. You can substitute ricotta, but not Greek fetta as it would be too salty.

Serves 2 as a starter

INGREDIENTS

- 6 zucchini flowers
- 100g Persian fetta
- ¼ cup freshly grated Parmigiano Reggiano (about 9g/½oz)
- 1½ tablespoon finely chopped walnuts (about 15g/½oz)
- 1½ tablespoons finely sliced herb leaves
- 1 lemon, zest grated
- Pinch chilli flakes
- Salt flakes, to taste
- Extra virgin olive oil, for drizzling



METHOD

1. Preheat oven to 200°C (390°F).
2. Gently pull the petals apart and remove the pistil from the centre of the flowers.
3. Combine Persian fetta, Parmigiano, walnuts, herbs, lemon zest, chilli and salt (remember the cheese is salty).
4. Spoon about a heaped teaspoon of ricotta mixture into the centre of a flower. Fold the petals around it to enclose it and squeeze gently to reshape it.
5. Place in an oiled baking dish.
6. Repeat with remaining flowers arranging them in the baking dish in a single layer.
7. Brush with a little more oil and bake for 15–20 minutes, until lightly coloured.
8. Serve hot.