



Roasted Zucchini with Garlic

PREP TIME 10 mins

COOK TIME 15 mins

TOTAL TIME 25 mins

SERVINGS 20-30 taste servings; 40-50 large bitesize pieces.

Ingredients

4-5 large zucchini, each cut in half across the middle, then each half quartered lengthwise. Cut on diagonal into large bite size pieces.

2 teaspoon fresh minced garlic cloves

2 tablespoon extra virgin olive oil

Pinch salt and freshly ground black pepper

1.5 teaspoons of fresh picked thyme, chopped

Method

1. Preheat oven:

Preheat oven to 210oC. Make sure there is a rack in the top third of the oven.

2. Prep the zucchini:

Place the zucchini and garlic in a bowl and toss with olive oil.

3. Spread the zucchini out onto a foil or silicone-lined sheet pan, skin side down. Sprinkle with salt (1/4 to 1/2 a teaspoon).

4. Roast zucchini:

Roast the zucchini at 210oC for 8-15 minutes, or until it begins to brown. (Start checking at about 7 minutes and keep checking every few minutes.)

5. Toss with herbs, salt & pepper:

Once the zucchini has started to brown at the edges, remove it from the oven and place the zucchini in a bowl. Gently mix in the herbs and salt and pepper to taste.