

Zucchini Salad

Inspired by a Jamie Oliver recipe from “Jamie’s 30 Minute Meals”

chopping board and knife
lemon zester or fine grater
citrus juicer
large mixing bowl
measuring cups and spoons
kitchen scales
peeler or mandolin
2 large spoons for tossing salad
medium serving bowl

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1. In the large bowl, **mix** together
zest of 1 **lemon**
 $\frac{1}{4}$ cup **extra virgin olive oil**
 $\frac{1}{4}$ cup **lemon juice**
 $\frac{1}{4}$ tsp **pink or sea salt**
 2. **Stir** in
 $\frac{1}{4}$ cup coarsely chopped **parsley**
1 **long red chilli**, deseeded and finely sliced
 3. **Peel** lengthways into the bowl, ribbons of
4 **medium zucchini** (~500 g or 1.1 lb), ends trimmed
 4. Carefully **toss** together all the ingredients using your hands or the spoons.
 5. **Transfer** to the serving bowl.
 6. **Crumble** onto the top
100 g or 3.5 oz **feta cheese** (optional)
 7. **Serve** immediately.
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