Crumbed zucchini

Ingredients

- 2 tablespoons plain flour
- 2 egg, lightly whisked
- 105g (1 1/2 cups) breadcrumbs (made from day-old bread)
- 1/3 cup finely chopped fresh continental parsley
- Salt & freshly ground black pepper
- 6 (about 90g each) zucchini, ends trimmed, sliced
- 1/2 cup olive oil

Method

1. Step 1

   Place flour and egg on separate plates. Combine breadcrumbs, parsley, in a bowl and use your fingers to rub together. Season with salt and pepper. Place on a third plate.

2. Step 3

   Coat the zucchini slices in flour, shaking off excess. Dip zucchini slices in egg allowing excess to drip off, then toss in breadcrumb mixture to coat. Place crumbed zucchini, in a single layer, on the baking trays.

3. Step 4

   Meanwhile, heat the oil in a frying pan and fry zucchini until golden. Set aside.

To assemble zucchini lasagna

Preheat oven to 180°C. Combine mozzarella and pecorino/parmigiano in a bowl. Place 1 cup sauce in the base of a greased baking dish. Top with crumbed zucchini to cover base, then 1 cup sauce. Scatter with 1 cup of the cheese mixture. Repeat this process 3 more times finishing with remaining 1 cup cheese mixture instead of the zucchini.

Bake, covering loosely with greased foil if browning too quickly, until golden brown.