

Marinated and Grilled Zucchini with Miso |

Recipe for 12 tapas

Description

A delicious vegetarian recipe.

Note

This recipe brings out the best in zucchini, but feel free to substitute asparagus when it's in season.

Ingredients

Zucchini

- 3 Unit(s) Zucchini
- 30 Gr Miso
- 30 Ml Soy sauce
- 15 Ml Maple syrup
- 30 Ml Canola oil
- 15 Ml Rice vinegar

Preparation

- Preparation time **45 mins**

Set up

Cut the zucchini into rounds (36).

Zucchini

Grill the zucchini slices, ideally on a grill or in a frying pan.

Mix all the marinade ingredients together, then add the zucchini slices and leave to marinate for at least 15 minutes.

Tomato

Mix the diced tomatoes with the white balsamic vinegar, cooked lentils, feta cheese, parsley, shallots, and chive oil. Check the seasoning and set aside.

On the plate

Arrange the zucchini slices in the center of your ramekins, then pour the marinade over them as a sauce.

Bon appétit!