

# Baked Zucchini with Garlic and Parmesan

**Equipment** – 4 medium oven proof bowls, grater, scales, garlic crusher, knives, frypan, spoon measures, frypan

## Ingredients

1kg zucchini

1-2 onions

4 garlic cloves

2 yellow peppers (*optional – we had some fresh from garden*)

300 g parmesan - grated

½ - 1 red capsicum

3 tablespoons olive oil plus 1

## Method – *Recipe Reader to set oven at 160c*

1. Peel and cut the onion into small pieces.
2. Measure the oil into the frypan and heat gently. Add the onion.
3. Thinly slice the zucchini and peppers and add to the frypan. Stir around to mix with the onion.
4. When the vegetables have softened a little – 3 minutes or so, transfer them to the 4 oven dishes.
5. Grate the parmesan and add to a bowl.
6. Chop the garlic finely and add to the parmesan bowl. Add 1 tablespoon of oil approximately and stir around.
7. Chop the red capsicum into 1 – 2 cm pieces.
8. Sprinkle the cheese mixture over the zucchini and decorate with the raw red capsicum. Put in the oven for 15 - 20 minutes.

**When cooled a little put the 4 oven dishes on the tables with tongs or spoons to serve - Enjoy**