

# ✓ Zucchini and Cilantro Frittata

**Preparation : 10 min.**  
**Cooking time : 10 min.**



**Peel and grate the zucchinis. Cook in a pan for 5 min.** in olive oil. **Chop the cilantro. Whisk the eggs.** Add salt and pepper to taste. **Add the cilantro.** Mix. Pour this mixture over the zucchini in the pan **and stir.**

**Cook for 10 min.** on low heat. Flip over to brown the other side. Sprinkle grated or shaved Parmesan.



## Ingredients

# ✓ Zucchini Tagliatelles

**Preparation : 25 min.**  
**Cooking time : 2 min. per batch**

- 3 zucchini
- 2 eggs
- 1 cup breadcrumbs
- 1 cup olive oil



**Peel zucchini** with a vegetable peeler and **cut into slices.** **Whisk the eggs,** adding salt and pepper.

**Fill a plate with breadcrumbs.** **Heat a bit of olive oil** in a pan. **Dip sliced zucchini** first in the egg mixture, then in breadcrumbs.

**Fry zucchini for about 1 min. on each side, until golden.** Replenish olive oil in the pan between batches. (You can keep finished batches in an oven heated to 250°F.)



Once cooked, place the strips on absorbent paper towels.

**Zucchini tagliatelles can be served hot or cold as tapas,** with lemon juice squeezed over top if desired.

