



In the Kitchen with Primary Students

Baked Zucchini Balls

FRESH FROM THE GARDEN: Zucchini, onion



Lemons



Blueberries



Tomatoes

Ingredients

2 medium zucchinis (about 2 cups, grated)

1 teaspoon salt (for draining water)

$\frac{1}{2}$ cup breadcrumbs

1 cup grated Parmesan cheese

1 red onion diced

1 bunch chopped fresh parsley

2 eggs

Salt and pepper to taste

Oil

Method

1. Grate the zucchinis and place them in a bowl. Sprinkle with 1 teaspoon of salt and let sit for 10-15 minutes to release excess water. Then use your hands to squeeze out as much moisture as possible.

2. Preheat your oven to 190°C.

3. In a large bowl, combine the drained zucchini, breadcrumbs, Parmesan cheese, onion, parsley, beaten egg and a pinch of salt and pepper. Mix until well combined. The texture should be mouldable but not too wet. If it's too loose, add some more breadcrumbs.

4. Line a tray with baking paper. Using your hands or a small scoop, form the mixture into balls (about the size of a golf ball) and place them on the tray.

5. Brush the balls with oil. Bake for 20-25 minutes, flipping halfway through, until golden brown and slightly crispy on the outside.