

# Zucchini Salad

Leanne Foreman for Millen Farm  
www.millenfarm.org

chopping board and knife  
lemon zester or fine grater  
citrus juicer  
large mixing bowl  
measuring cups and spoons  
kitchen scales  
peeler or mandolin  
2 large spoons for tossing salad  
medium serving bowl

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1. In the large bowl, **mix** together
    - zest of **1 lemon**
    - $\frac{1}{4}$  cup **extra virgin olive oil**
    - $\frac{1}{4}$  cup **lemon juice**
    - $\frac{1}{4}$  tsp **pink or sea salt**
  2. **Stir** in
    - $\frac{1}{4}$  cup coarsely chopped **parsley**
    - 1 mild red chilli**, deseeded and finely sliced
  3. **Peel** lengthways into the bowl, ribbons of
    - 4 medium **zucchini**, ends trimmed
  4. Carefully **toss** together all the ingredients using your hands or the spoons.
  5. **Transfer** to the serving bowl.
  6. **Crumble** onto the top
    - 100 g **feta cheese** (optional)
  7. **Serve** immediately.
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