

APPETIZER or FIRST COURSES

Zucchini, ricotta and mint flan with Parmesan cream

Ingredients for 4 people

*700 g of zucchini
250 g of cow's milk ricotta
2 eggs
60 g of grated Parmigiano Reggiano
2 tablespoons of breadcrumbs
a dozen fresh mint leaves
grated zest of half a lemon
extra virgin olive oil, salt and pepper*

*For the cream:
100 ml milk
60 g of grated Parmigiano Reggiano
a knob of butter*

Preparation

Cut the zucchini into cubes and sauté them in a pan with a little oil for about ten minutes, leaving them still slightly firm. Cool.

Add the ricotta, eggs, Parmesan cheese, finely chopped mint, lemon zest, salt and pepper to the zucchini. Pour the mixture into lightly greased single-portion molds sprinkled with breadcrumbs.

Bake at 180 °C for about 30 minutes until golden brown.

In the meantime, prepare the cream by melting the Parmesan cheese in the hot milk with the butter, stirring until you get a smooth sauce.

Serve the flans hot with the Parmesan cream and a few mint leaves.