

Baked courgettes with parmesan cheese *(Side dishes)*



Preparation

Wash and clean the courgettes, cut into 0.5 cm thick slices and fry in hot oil. Drain on paper towels and season with salt. In a roasting pan, spread a spoonful of tomato passata over the base, and then add a layer of courgettes. Continue with another layer of tomato passata, then a layer of smoked scamorza cheese and grated Parmesan. Continue layering until all the ingredients are used up and finish with a generous layer of tomato passata. Cook in a preheated oven at 180°C for about 40 minutes.

Tips

When you buy courgettes, look out for the following: they must be firm, with a bright colour, and smooth, tight skin - choose only small ones. For dieting, the courgette is ideal as it has only 11 kcal per 100g, so you will certainly not run the risk of gaining weight.

Trivia

The courgette is appreciated for its diuretic and laxative effects. Also it is easily digested. It's suitable for children, the elderly and convalescents. They can also be used for beauty treatments, that is, as an emollient, anti-wrinkle and moisturizing face wash whereby you just blend the veg flesh and apply it to your face.

Information

Preparation 30 minutes

Total Time 45 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



ACQUISTA SUL NOSTRO SHOP

Autentici prodotti di Puglia solo su

shop.laterradipuglia.it

We ship all **over the Europe** get an extra **10€ discount** on shipping costs

DISCOUNT10

[click here to access](#)

Ingredients

Courgettes 600 grams

Passata 500 grams (Tomato)

Scamorza cheese 200 grams

Parmesan 40 grams (Grated)

Groundnut oil (To taste)

Salt (To taste)