



# Blackened zucchini with bulgur and olive salad

By Miele

30 minutes

Preparation time

15 minutes, plus 5 hours dehydrating

Cooking time

4 serves

Serves

#### **INGREDIENTS**

# **Dried olives**

100 g kalamata olives, pitted

# Caper and golden sultana dressing

50 g golden sultanas
1 English breakfast tea bag
1 ¾ tbsp salted capers
40 ml extra virgin olive oil
25 ml chardonnay vinegar

# **Bulgur wheat**

200 g coarse bulgur wheat 230 ml vegetable stock or water

# **Blackened zucchini**

3 zucchini /courgette (600 g)

Neutral oil
½ tbsp sumac
½ tbsp mint, dried
½ tbsp salt flakes

Fresh ground black pepper,

to taste
Extra virgin olive oil

# To serve

1 ½ cups flat leaf parsley, picked and chopped ½ cup mint, picked and chopped Salt flakes, to taste

# Miele accessories

Baking tray
Unperforated steam
container
Grilling and roasting insert
Universal tray

#### **METHOD**

# **Dried olives**

- 1. Rinse the olives well and drain.
- 2. Place the olives on a baking tray in the oven on shelf position 2 and dehydrate on Conventional at 85°C for 5 hours, or until dried.
- 3. Slice into small rings.

# Caper and golden sultana dressing

- 1. In a heatproof bowl, place the sultanas and tea bag and cover with boiling water. Steep for 20 minutes, drain and discard the tea bag.
- 2. Remove 1 ½ tbsp of sultanas and set aside to garnish the salad.
- 3. Rinse the capers and place in cold water for 20 minutes, changing the water 3 times over this period. Drain and set aside.
- 4. Place the remaining sultanas, capers, extra virgin olive oil and vinegar into a small blender and process until smooth.

# **Bulgur wheat**

- 1. Place the bulgur wheat and stock into an unperforated steam container.
- 2. Place into the steam oven and Steam at 100°C for 9 minutes. Allow to cool.

# Blackened zucchini

- 1. Slice off a couple of millimetres from both ends of the zucchini, leaving the shape and some of the stalk.
- 2. Rub lightly with the oil and place on a grilling and roasting insert into a universal tray, keeping space in-between each zucchini.
- 3. Preheat the oven on Full Grill at 300°C.
- 4. Place the universal tray on shelf position 5 and set a timer for 10 minutes.
- 5. Turn the zucchinis over and cook for an additional 5 minutes.
- 6. Remove from the oven and allow to cool for 10 minutes on the grilling and roasting insert.
- 7. Slice lengthwise down each zucchini leaving the zucchini attached at the bottom and spread open slightly.
- 8. In a small bowl, mix the sumac, mint and salt flakes together. Sprinkle a little over the exposed zucchini flesh and grind over some black pepper.
- 9. Drizzle with a little extra virgin olive oil.

# To serve

- 1. In a large bowl, toss the bulgur wheat, parsley, mint, dried olives and 5 tbsp of the dressing. Add more dressing if needed and season to taste.
- 2. Place the bulgur wheat and herb salad on a serving platter. Lay the zucchinis over the bulgur wheat and sprinkle the remaining sultanas on top.
- 3. Serve with remaining sumac and mint salt.

# Hints and tips

- Use as little oil as you can on the zucchini to minimize any smoke.
- Fresh olives can be used instead of dehydrated olives if preferred.
- You can make your own dried mint in the oven by dehydrating on Conventional at 50°C for 2-4 hours, depending on the volume.
- If you have Drying function on your oven, the dehydrating time of the mint and olives can be reduced significantly.
- Coarse bulgur wheat is best for this dish, as it has a great texture to balance the soft zucchini.
- Quinoa or freekah can be used if you can't source bulgur wheat.
- Bulgur (or sometimes spelled bulghur), is coarse or fine cracked wheat that has been cracked, cleaned, partially cooked and then ground into various sizes.