



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Baked Zucchini Pate

Fırında Mucver



6 scallions
3 eggs
8-10 parsley stems
8-10 dill stems
2 zucchini
1/3 cup feta cheese, grated
2 tablespoonful flour
7 tbsp vegetable oil
4 tbsp grated kashar cheese, grated
1 tsp salt
1/2 tsp crushed red pepper

- # Grate the zucchinis, and slice the parsley and dill stems, onion finely.
- # Break the eggs into a bowl, and add all ingredients except kashar cheese on it.
- # Mix without mashing them, and pour on the greased oven tray.
- # Drizzle grated kashar cheese on it.
- # Cook in the oven which is preheated to 374 F until its upper side turns red.
- # Slice and serve.

Note: You can cook this meal without using zucchini. In that case you should increase the measures of parsley and scallion.