

Zucchini with Olive Oil

Traditional Turkish zucchini with olive oil recipe. This healthy, vegan-friendly dish combines tender zucchini with rice in aromatic tomato sauce.

15	25	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 6 zucchini
- 2 tomato
- 1 onion
- 5 clove garlic
- 1 tbsp rice
- 1 tsp granulated sugar
- 2 tsp salt
- 0.5 olive oil
- 1 cup water
- 0.5 sunflower oil

Instructions

- 1 Prepare the vegetables**

Wash the 6 zucchini and cut into 1-inch cubes. Dice the 2 onions finely and mince the 5 garlic cloves.
- 2** Grate the 1 tomato on the large holes of a box grater, discarding the skin. Rinse the rice in cold water until the water runs clear, then drain thoroughly.
- 3 Build the base**

Heat 1 tablespoon olive oil in a heavy-bottomed pan over medium heat (160°C/325°F). Add the diced onions and cook for 3-4 minutes until soft and translucent, stirring occasionally.
- 4** Add the minced garlic and cook for 30 seconds until fragrant. Stir in the grated tomato and cook for 2-3 minutes until the mixture thickens slightly and the liquid reduces.
- 5 Add zucchini and seasonings**

Add the cubed zucchini to the pan and stir gently 2-3 times to coat with the tomato mixture. Season with 1 teaspoon salt and 2 teaspoons sugar.
- 6** Add the drained rice and pour in 1 cup boiling water. Stir once to distribute the rice evenly throughout the pan.

7 Simmer until tender

Cover the pan and reduce heat to low (120°C/250°F). Simmer for 20-25 minutes until the zucchini is fork-tender and the rice has absorbed most of the liquid.

8 Remove from heat and let cool to room temperature, about 30 minutes. Garnish with the chopped dill before serving.

Tips

Choose medium-sized zucchini that are firm and have glossy skin for the best texture and flavor in the finished dish.

Grate tomatoes on the large holes of a box grater and discard the skin for a smoother, more refined sauce texture.

Rinse rice in cold water until the water runs clear to remove excess starch and prevent the dish from becoming gummy.

Use a heavy-bottomed pan to prevent sticking and ensure even heat distribution during the slow cooking process.

Don't lift the lid frequently during cooking as this releases steam needed to properly cook the rice and vegetables.

Taste and adjust seasoning after the dish has cooled slightly, as flavors intensify as the temperature drops.

Fresh dill should be added just before serving to maintain its bright color and fresh flavor.

Store leftovers in glass containers to prevent the olive oil from absorbing plastic flavors and odors.