

Izgara Kabak

Easy grilled zucchini recipe with Italian herbs. Perfect healthy side dish that's gluten-free, vegetarian and ready in 25 minutes.

10	15	25	4	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Izgara Kabak

Malzemeler

- 2 zucchini
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp italian seasoning
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 4 leaf basil

Yapılış

- Prepare the Zucchini**

Wash 2 zucchini thoroughly under cold running water and pat dry with paper towels. Trim off both ends and cut each zucchini lengthwise into strips about 1/2 inch (1.25 cm) thick.
- Make the Seasoning Mixture**

Combine 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon dried herbs, 1 teaspoon garlic powder, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl. Whisk together until well combined.
- Add the zucchini strips to the seasoning mixture and toss gently with your hands or tongs to coat all pieces evenly. Let marinate for 10 minutes at room temperature.**
- Prepare the Grill**

Preheat your grill or grill pan to medium-high heat, about 400°F (200°C). Clean the grill grates with a wire brush and lightly oil them to prevent sticking.
- Grill the Zucchini**

Place the marinated zucchini strips on the hot grill in a single layer. Cook for 3-4 minutes without moving them until you see distinct grill marks and the edges begin to soften.
- Flip the zucchini strips using tongs and grill for another 3-4 minutes until tender when pierced with a fork but still holding their shape. The strips should have nice char marks on both sides.**

7 Serve

Transfer the grilled zucchini to a serving platter and garnish with 4 fresh basil leaves torn into pieces. Serve immediately while hot.

?puçlar?

Choose small to medium-sized zucchini (6-8 inches long) for the best flavor and texture, as larger ones can be bitter and seedy.

Cut zucchini into 1.5cm thick lengthwise strips rather than rounds to prevent burning and ensure even cooking.

Don't skip preheating the grill - medium-high heat is essential for proper searing and attractive grill marks.

Lightly oil the grill grates before cooking to prevent the zucchini from sticking and tearing.

Avoid over-marinating the zucchini for more than 30 minutes, as the salt can draw out too much moisture.

Use tongs instead of a fork when flipping to avoid puncturing and losing juices.

Add fresh lemon juice and herbs only after grilling to maintain their bright flavors and prevent burning.

For extra flavor, try sprinkling with crumbled feta cheese or toasted pine nuts just before serving.