COURGETTE AND ANCHOVIES PARMIGIANA

Categoria: Unique dishes **Tempo di preparazione:** 20 minutes +15 minutes baking
Difficoltà: medio

Ingredienti per 4

- 700 g courgettes
- 1 mozzarella (fior di latte weighing 250 g)
- 500 g fresh anchovy fillets
- 2 red onions
- 1 glass of extra virgin olive oil
- 1 tabespoon of white wine vinegar
- 2 teaspoons of sugar
- salt, to taste
- type 00 flour, as needed

A one dish meal with anchovies… enjoy the delicious taste and mouth-watering scent

Difficulty: **moderate**
Cost: **moderate**
Preparation time: **20 minutes +15 minutes baking**
Serves: **4**

Method

Cut 500 g of the courgettes into ribbons and blanch them in boiling water for 2 minutes.
Cut the mozzarella into thin slices.

Arrange 400 g of anchovy fillets in 4 aluminium moulds, alternating them with zucchini and mozzarella and bake at 200°C for 6 minutes.

Prepare the onion by softening two sliced red onions in extra virgin olive oil with 1 tablespoon of white wine vinegar, two teaspoons of sugar and a little salt over gentle heat in a frying pan for 10 minutes.

Cut the remaining courgettes into round slices and sauté them in a frying pan for a couple of minutes. Flour the remaining anchovy fillets and fry them in extra virgin olive oil until golden.

Arrange the braised onion on each plate, place on top each courgette flan and remove the mould. Garnish with the sautéed courgettes and fried anchovies. Enjoy!