

🍴 BAKED ZUCCHINI ROLL UPS 🍴

Prep Time: 15 min | **Cook Time:** 25 min | **Servings:** 4 | **Difficulty:** Easy | **Diet:** Gluten-Free



Ingredients

For the rolls

- 4 zucchini (about 100 g)
- 3 eggs
- 2 fresh scallions onions (about 100 g)
- Salt and peper, to taste (optional)

For the filling

- 100 g goat ricotta
- 6 sun-dried tomatoes in oil
- 100 g cooked ham
- 1 tablespoon rice flour (or potato starch)
- grated lemon zest

How to make step by step

1. Prepare the zucchini

- Wash the zucchini, trim the ends and grate them using a coarse grater
- Transfer to a bowl and set aside. No need to squeeze the moisture, as it will cook off in the oven

2. Make the mixture

- In a large bowl, combine the grated zucchini, eggs and grated cheese. Mix until well combined
- Add 1 tablespoon of rice flour to help stabilize the mixture
- Season with salt and a little black pepper to enhance the flavor (optional)

3. Shape the base

- Line a baking sheet with parchment paper and spread the mixture evenly over the surface
- Use a spatula to create a thin, even layer, about ½ cm thick

4. Bake

- Bake in a preheated oven at 350°F (180°C) for about 25 minutes, or until set and lightly golden
- The surface should feel firm and dry

5. Prepare the filling

- Ccombine the ricotta and drained sun-dried tomatoes
- Blend until smooth and creamy. add a little lemon zest for extra freshness

6. Assemble

- Let the baked base cool slightly for about 10 minutes
- Spread the ricotta mixture evenly over the surface and add the ham in an even layer

7. Roll

- Carefully roll the base into a log, you can use the parchment paper to help
- Roll gently but firmly to keep it compact without breaking

8. Slice and serve

- Slice into roll ups and serve with fresh arugula on the side
- Finish with a light drizzle of olive oil for extra flavor

👉 Video recipe: <https://youtu.be/A86wJguqrta>