

Grilled courgette with lemon, mint and ricotta cheese without sugar

SteviaSweet



15 min. 153 kcal SteviaSweet Crystal

Preparation without sugar

1. Wash the courgette and remove the stems.
2. Slice thinly lengthwise. Lightly brush the slices with oil and barbecue them on the grill or in a grill pan until they have a nice colour.
3. Place the grilled courgette slices in a shallow bowl.
4. Combine the lemon zest, juice, **SteviaSweet Crystal**, salt and olive oil.
5. Coat the courgette with the marinade and allow to soak for 15-30 minutes.
6. Add the ricotta, fresh mint and chopped walnuts immediately before serving.

Ingredients for 4 servings

3-4 (1 kg)	courgette
1 1/2 tbsp	olive oil

Marinade

	grated zest of 1 lemon
2 tbsp	lemon juice
1 tsp	SteviaSweet Crystal
1/2 tsp	salt
2 tbsp	olive oil

To serve

100 g	soft ricotta cheese
2 tbsp	fresh mint
25 g	walnuts, toasted

Nutritional information per portion

153	kcal
642	kJ
4	Protein in g
1	Carbohydrates in g
15	Fat in g