Zucchini, mint and feta salad with breadcrumbs

**Serves:** 6 or 24 tastes

**Equipment:**
- Food processor
- Measures – cup, ½ cup, tablespoon, teaspoon
- Grater
- Paper towel
- Large frying pan
- Spiraliser or peeler
- Knife
- Chopping board
- Juicer
- Large bowl

**Ingredients:**

**For the breadcrumbs:**
- 1/2 teaspoon fennel seeds
- 1/2 teaspoon chilli flakes
- 2 tablespoons olive oil
- Half a small loaf of sourdough bread
- 1/2 cup pepitas (pumpkin seeds)
- 1 lemon
- 3 sage leaves

**For the salad:**
- 3 zucchini
- A small branch of mint leaves
- 3 tablespoons olive oil
- 200g feta
- salt
What to do:

For the breadcrumbs:

- Break or tear the sourdough into small chunks and then blend up in the food processor until they resemble breadcrumbs.
- Wash and wipe the lemon dry, then zest the lemon, taking only the thin layer of skin off and leaving the white pith on.
- Wash the sage leaves and gently press dry with a piece of paper towel then finely chop.
- Heat the 2 tablespoons of olive oil in the frying pan. Add the rest of the breadcrumb ingredients and toss until golden and crunchy (this takes about 5 minutes).
- Taste and add more seasoning if needed. Set aside to cool.

For zucchini salad:

- Wash the zucchini and wipe dry, then spiralise or julienne them into thin strips.
- Wash the mint, press dry with a piece of paper towel and chop finely.
- Cut the zested lemon in half and juice one half.

To finish:

- Place zucchini in a bowl, top with mint leaves, oil and the lemon juice and season with pepper. Check the seasoning and add salt if needed.
- Unwrap the feta and crumble it into the zucchini. Toss to combine.
- To serve, top salad with the breadcrumbs.