

# ROASTED ZUCCHINI & AVOCADO SALAD WITH POPPY SEED DRESSING

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COOK TIME: 20mins

SERVES: 4

CALORIES: 465 kcal (PER SERVING)

## INGREDIENTS

### \*ROASTED ZUCCHINI AVOCADO SALAD

3 tbsp olive oil

2 medium-sized zucchini

spices: ½ tsp each: salt, dried garlic, black pepper,  
sweet paprika, Italian seasoning

6 Persian cucumbers

2 avocados

cilantro leaves

4 eggs

### \*POPPY SEED DRESSING

2 tbsp honey, or sugar

1 tsp lemon zest

6 tbsp mayonnaise

2 tbsp yogurt

2 tbsp lemon juice

¼ tsp salt

1 tbsp poppy seeds

## DIRECTIONS

Preheat the oven to 400°F/200°C.

Cut zucchini into ½ inch/0,5 cm slices. Layer a baking sheet with parchment paper, sprinkle with 1 tbsp oil and half of the spices. Spread the zucchini in a single layer (you might need 2 baking sheets). Sprinkle with the remaining oil and spices. Bake for 15 minutes. Alternatively, prepare the zucchini on your stovetop. Heat 2 tbsp olive oil in a skillet over medium-high. Cook zucchini until golden, about 10-12 minutes.

In the meantime, add eggs to a pot with boiling water and cook for 6 minutes. Drain and run under cold water.

Chop the cucumbers and slice the avocado.

To make the poppy seed dressing. Add the ingredients to a bowl and whisk until smooth. Taste and adjust salt and lemon juice to your own taste.

Divide zucchini, avocado, cucumbers and eggs among bowls, overlapping slightly. Drizzle with the poppy seed dressing and top with cilantro. Serve with some crusty bread. Enjoy!

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