



South African scampi with courgette



Rezept für 4

Ingredients for scampi

4 portions scampi (6-9),
peeled
400 g diced courgette
½ courgette for courgette
spaghetti
40 g panko
Olive oil
Salt
Pepper
Garlic
Thyme

Ingredients for braised tomatoes

4 tomatoes
Olive oil
Sprig of thyme
Basil
Garlic
Salt
Sugar

To prepare the scampi

Season the scampi with salt. Slice half a courgette into long, thin strips (you can use a vegetable spaghetti machine). Wrap the courgette spaghetti around the scampi and turn in the panko to coat lightly. Dice the remaining courgette, brown in a pan and season to taste with the seasoning and garlic. Sauté the scampi in a pan with olive oil and cook in the preheated oven on the hot air with steaming setting at 190 °C for about 3 minutes. Arrange the diced courgette on the plate, place the scampi on top and garnish with the braised tomatoes and fried basil. Drizzle with olive oil and fresh lemon.

Cooking level for scampi

Preheated 3 minutes | Hot air with steaming 190 °C



Anrichten

To prepare the braised tomatoes

Blanch the tomatoes briefly in hot water and then plunge into iced water. Remove the skins, cut the tomatoes into quarters and remove the pulp (reserve the skin and flesh for a stock). Place the quartered tomatoes on a baking tray. Season with olive oil, thyme, garlic, basil, salt and sugar. Dry on the hot air setting at 90 °C for 2 hours.

Cooking level for braised tomatoes

Preheated

120 minutes | Hot air setting at 90 °C