

Vegetable Medallions with Corn, Zucchini, and Carrot

These delightful vegetable medallions are packed with the sweetness of corn, the tenderness of zucchini, and the vibrant flavor of carrots. Perfect as a side dish or a light main course, they are a great way to enjoy fresh veggies.


20 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup corn kernels (fresh or frozen)
- 1/2 cup zucchini, grated
- 1/2 cup carrot, grated
- 1/4 cup breadcrumbs
- 1 egg
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh herbs (like parsley or cilantro) for garnish

Steps

- 1 In a mixing bowl, combine corn, grated zucchini, and grated carrot.
- 2 Add breadcrumbs, egg, olive oil, salt, and pepper. Mix well until all ingredients are combined.
- 3 Form the mixture into small medallions, about 2 inches in diameter.
- 4 Heat a non-stick skillet over medium heat and add a little olive oil.
- 5 Cook the medallions for about 3-4 minutes on each side or until golden brown.
- 6 Once cooked, remove from the skillet and let them cool slightly.
- 7 Garnish with fresh herbs before serving.