

Zucchini & Mushrooms ズッキーニとマッシュルーム

Serves 2

Air Fryer

Ingredients

材料

- 220 g zucchini, cut into thick half-moons (about 1.5 cm)
ズッキーニ
- 180 g mushrooms (cremini, brown mushrooms, or shiitake), halved or thickly sliced マッシュルーム
- 1 T / 14 g olive oil オリーブオイル
- 1 tsp low-sodium soy sauce or Kevala coconut aminos
減塩しょうゆ または ココナッツアミノ
- 1 tsp Worcestershire sauce ウスターソース
- 1 medium garlic clove, finely minced にんにく
- ½ tsp dried thyme OR 1 tsp chopped fresh rosemary タイム または ローズマリー
- ¼ tsp salt + small pinch MSG / about 1.5 g total 塩 + MSG
- ¼ tsp black pepper / 0.5 g 黒こしょう



Optional Finish

仕上げ（お好みで）

- Small squeeze lemon juice レモン汁
- Chopped parsley パセリ
- Tiny dab mint jelly alongside the lamb ミントゼリー

Instructions

作り方

1. **Preheat** the air fryer to **180°C** for about **3–4 minutes**.
2. In a mixing bowl, combine:
 - olive oil
 - soy sauce
 - Worcestershire sauce
 - garlic
 - thyme or rosemary
 - salt + MSG
 - black pepper
3. Add the **zucchini** and **mushrooms** and toss thoroughly until evenly coated.
4. Let the **vegetables sit for about 5–10 minutes** while the air fryer finishes preheating.
 - This slightly seasons the mushrooms internally and improves browning.
5. Place the vegetables into the air fryer basket in a fairly even layer.
 - A little overlap is fine, but avoid deep piling.
 - If using a rack system, mushrooms can go on the upper rack and zucchini below.
6. **Air fry** at **180°C** for **10 minutes**.
7. Open the basket and toss/shake well.

- The mushrooms will probably have released some moisture at this stage.
8. **Continue cooking** another **5–8 minutes** until:
 - zucchini edges are browned
 - mushrooms are deeply savory and slightly caramelized
 - excess moisture has mostly evaporated
 9. Taste and adjust seasoning if needed.
 - A tiny squeeze of lemon at the end brightens the dish nicely with lamb.
 10. Serve immediately beside the lamb steaks.

Notes

✂️

- Shiitake mushrooms give a more Japanese flavor profile.
- Brown mushrooms/cremini give a more Western steakhouse-style flavor.
- Rosemary works especially well with lamb.
- If the lamb produces resting juices, spoon a little over the vegetables before serving.
- This recipe also works with asparagus added during the last 5 minutes.

Nutrition

Entire Dish:

Kcal total: 210 | Protein: 7 g | Fat: 15 g | Sat Fat: 2 g | Carbs: 15 g | Sugars: 7 g | Fiber: 5 g | Sodium: 720 mg | Omega-3: 0.1 g

Per Serving:

Kcal total: 105 | Protein: 4 g | Fat: 8 g | Sat Fat: 1 g | Carbs: 8 g | Sugars: 4 g | Fiber: 3 g | Sodium: 360 mg | Omega-3: 0.1 g