

Stuffed Zucchini

Ingredients

- 4 medium zucchini or 2 large zucchini/marrows
- 2 tablespoon oil
- Salt and pepper to taste
- 1 onion, roughly chopped
- 2 garlic cloves, finely chopped
- 2 teaspoon of spices, try any combination of cumin, ground coriander, paprika, etc
- 1 cup veggies, try capsicums, carrot or corn, roughly chopped
- 1 tin of tomatoes 1 (400g) tin of beans, try black beans, kidney beans, chickpeas, etc
- Chili powder to taste
- 1-2 handfuls herbs, try coriander, parsley, oregano, etc (optional)
- lemon juice to taste (optional)

Directions

Step 1

Preheat oven to 180C. For smaller zucchini cut in half lengthways. Use a spoon to scoop out the seeds from the middle (save this). For larger zucchini/marrows cut into 3cm thick rounds. Use a spoon to scoop out some of the middle being careful not to break a hole in the bottom (save this). Arrange the zucchini halves or rounds on a large baking tray. Drizzle with oil, salt and pepper. Roast for 15-20 minutes or until soft. Roughly chop or blend the seeds to add to the dish later.

Step 2

While the zucchini roasts. Heat a large pan with oil on medium heat. Cook the onion and garlic until soft. Add the spices and cook for another minute. Add the roughly chopped/blended zucchini seeds, other veggies, tinned tomatoes, beans, and salt, pepper and chili to taste. Cook on medium-low heat for 5-10 minutes until the liquid has thickened.

Step 3

Add the bean tomato mixture to the middle of the roasted zucchini halves or rounds.

Step 4

Serve with a sprinkle of chopped herbs and a drizzle of lemon juice. Try serving with rice or wholemeal bread to make it a full meal.

Enjoy!

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