

Stuffed Zucchini



Stuffed Zucchini Recipe. Serves 10. (2 per serving). To make this recipe vegetarian, remove the meat.

10 ea. baby zucchini, larger or any kind, washed and top sliced off

1/3 lb. (150g) ground beef

1/3 lb. (150g) ground pork

1 Tbsp (15ml) olive oil & 1 Tbsp (15g) butter.

Mirepoix

1/2 ea. (100g) onion, chopped

3.3 ounces (100g) carrot, scrubbed chopped

2 ounces (50g) celery stalk, washed and diced.

Remaining Ingredients

3 ea. garlic cloves, minced

1 Tbsp (15ml) olive oil

2 ounces (60g) Spanish style chorizo, peeled and diced

2.5 ounces (80g) sweet piquillo pepper

Zucchini tops, ends trimmed and diced

0.5 lb. 200g crushed tomatoes canned or fresh diced Roma in season

1 tsp (3g) Herbes de Provence or thyme

1 ea. (50g) egg

3.3 ounces (100g) cooked rice or couscous, lentils or beans...

A bunch Italian parsley, washed and chopped

Salt / ground black pepper to taste.

A few tablespoons of ricotta cheese can be added at the end too.

Garnishing: Panko bread crumbs mixed with some olive oil. Grated parmigiano regiano.



Method

Clean and slice off each zucchini's top and cut them into cubes; set aside. Arrange zucchini bottoms onto a tray lined with a silicone mat or parchment. Season generously with olive oil, salt and pepper. Flip (flesh side down or cover with foil) and bake at 350°F (180°C) for about 30 min or until fork tender. If using larger zucchini or rounds, remove some flesh in order for the stuffing to fit in. Meanwhile, in a hot large frying pan break down and pre-cook ground beef and pork with olive oil and butter for about 5 minutes on high heat; transfer into a bowl. In the same pan, sweat chorizo with a drizzle of olive oil for a couple of minutes, add mirepoix; cook for 5 min on medium high. Add the minced garlic and cook until fragrant. Add piquillo peppers, zucchini tops, tomatoes, herbs, seasoning and ground meat. Stir well – cover with a lid and cook for 20 minutes on low. Turn heat off, transfert mixture in a large bowl and mix in parsley and cooked rice (add ricotta cheese if desired), add the egg. Stuff cooked zucchini and top with grated parmigiano, bread crumbs, more grated parmigiano and a drizzle of olive oil.

Bake at 450°F (220°C) for about 15 minutes or until golden brown. Bon appétit!