STUFFED ZUCHINI ON TOMATO SAUCE

🕐 25   🔥 easy

INGREDIENTS FOR 4 PORTIONS

4	Zucchini

FOR THE FILLING

125 g	QimiQ Classic, room temperature
200 g	Ground beef
150 g	Ebly Tender Wheat, cooked
1	Egg white(s)
	Salt and pepper
	Marjoram
	Thyme
1 tsp	Parsley, finely chopped
2 tbsp	Parmesan, grated

FOR THE SAUCE

1	Onion(s), finely chopped
1 tsp	Olive oil
300 g	Tomatoes, canned, finely diced
50 ml	Clear vegetable stock
	Salt
	Bay leaf
	Basil
	Oregano
	Cayenne pepper
pinch(es)	Sugar

METHOD

1. Preheat the oven to 390° F (conventional oven).
2. Halve and hollow the zuchini. Finely chop half of the scooped out zucchini flesh.
3. For the filling, whisk QimiQ Classic smooth. Add the chopped zucchini, minced meat, Ebly Tender Wheat, egg white and seasoning and mix well.
4. Fill the hollow zucchini with the filling and sprinkle with grated parmesan. Cover the bottom of an oven proof dish with water and place the courgettes into the water. Bake in the hot oven for approx. 30 minutes.
5. For the sauce, fry the onions in the olive oil until soft. Add the tomatoes, stock and seasoning and cook for a further 5 minutes. Season to taste with the sugar.