

Italian Zucchini Boats

Inspired by a recipe from
www.easybudgetrecipes.com

2 baking trays
kitchen scales
cutting board and knife
large frypan
measuring cups and spoons
garlic mincer/crusher
cheese grater

METHOD	INGREDIENTS
1. Preheat oven to 200°C (400°F).	
2. Grease or line the baking tray.	
3. Trim, cut lengthways, and scoop out the seeded flesh of	4 medium zucchini (~750 g)
4. Chop and reserve the flesh and place the zucchini on the tray flesh side up.	
5. In the frypan, on medium, heat	1 TBS extra virgin olive oil
6. Add and sauté until translucent	1 small brown onion , finely chopped
7. Add and cook while stirring for 5 minutes	500 g (1 lb) minced turkey or beef 1 large clove garlic , minced
8. Add reserved zucchini with	1 cup tomato passata 1 tsp dried Italian herbs ½ tsp dried chilli flakes (optional) ½ tsp unrefined salt ⅛ tsp freshly ground pepper
9. Simmer for 5 minutes or until thickening.	
10. Spoon the meat sauce onto the zucchini then sprinkle with	¾ cup grated mozzarella cheese
11. Bake for 20 to 25 minutes until the zucchini is fork tender and the cheese is browning.	
12. Serve topped with	¼ cup chopped fresh parsley

