



Product Spotlight: Zucchini


Did you know that zucchini is a great source of vitamin K, a vitamin which isn't lost during cooking. Vitamin K is essential for healthy bones and blood clotting.



12 Mediterranean Stuffed Zucchini

Beautiful zucchinis stuffed with quinoa and mixed antipasto, topped with garlic and herb lupin flakes. Baked until golden and crispy, served with a simple side salad.

 35 minutes

 2 servings

 Plant-Based

25 March 2022

Herb it up!

If you have fresh herbs in the garden you could easily add extra to the stuffing. Oregano, rosemary, thyme, dill, or fennel would all work beautifully!

Per serve: **PROTEIN** 20g **TOTAL FAT** 47g **CARBOHYDRATES** 70g

FROM YOUR BOX

WHITE QUINOA	100g
ZUCCHINIS	2
SHALLOT	1
RUSTIC TUSCAN ANTIPASTO	1 packet (250g)
LUPIN CRUMB	20g
CHERRY TOMATOES	1 bag (200g)
SPINACH AND ROCKET	1 packet (60g)
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, white wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

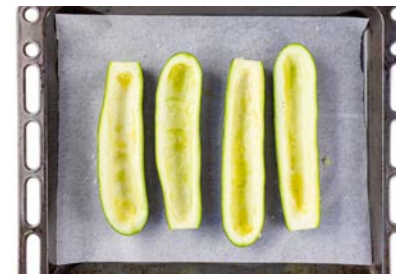
If you have any cheese in the fridge it would be lovely sprinkled over the top with the lupin crumb.



1. COOK THE QUINOA

Set the oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. PREPARE THE ZUCCHINIS

Cut zucchinis in half lengthways and, using a teaspoon, remove most of the flesh leaving a 1 cm thick shell (reserve flesh). Rub with a little **oil, salt and pepper**. Place on a lined oven tray and bake for 10–12 minutes until starting to soften.



3. MAKE THE STUFFING

Heat a frypan with **2 tbsp oil**. Dice shallot and roughly chop the zucchini flesh. Fry off with **3 tsp oregano** for 3–4 minutes until softened. Roughly chop half of the antipasto and mix through with quinoa. Season with **salt and pepper**.



4. FILL THE ZUCCHINI

Using a spoon, evenly divide stuffing between zucchini shells. Sprinkle with lupin crumb and drizzle with a little **oil** (see notes). Return to oven for 8–10 minutes until golden on top and heated through.



5. MAKE THE SALAD

Halve cherry tomatoes and toss through leaves along with remaining antipasto mix. Dress with **1/2 tbsp olive oil** and **1/2 tbsp vinegar**.



6. FINISH AND SERVE

Chop basil.

Halve zucchinis and serve onto plates with salad. Sprinkle with basil.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

