




### 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.



## 3 Cheesy Stuffed Zucchini Boats

Zucchini boats filled with a sweet corn, capsicum, cashew cream cheese and mint stuffing, baked in the oven and served alongside golden roast potatoes and salsa.

 40 mins

 2 servings

 Plant-Based

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### Mix it up!

*If you don't feel like making the stuffed zucchinis you can roast all the vegetables instead to make a roast veggie salad! Combine the cashew cream cheese with 1/4 cup water to transform it into a cheese sauce.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 26g **CARBOHYDRATES** 59g

## FROM YOUR BOX

BABY POTATOES	400g
ZUCCHINI	1
RED CAPSICUM	1/2 *
CORN COB	1
MINT	1/2 bunch *
CASHEW CREAM CHEESE	1/2 jar *
SALSA	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

2 oven trays

## NOTES

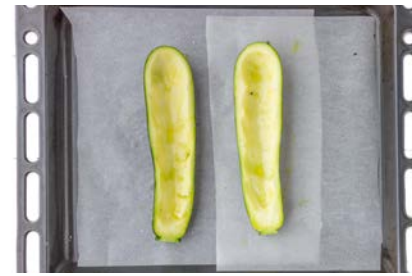
You can add a dried herb or spice of choice to the stuffing mix if you like!



### 1. COOK THE POTATOES

Set oven to 220°C.

Halve or quarter the potatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



### 2. PREPARE THE ZUCCHINI

Halve zucchini lengthways. Use a spoon to scoop out flesh (reserve for step 3). Place the shells on a lined oven tray and coat with **oil, salt and pepper**.



### 3. PREPARE THE STUFFING

Chop zucchini flesh, dice capsicum and remove corn from cob. Chop mint leaves. Combine with cashew cream cheese and season with **salt and pepper** (see notes).



### 4. STUFF THE ZUCCHINIS

Fill each zucchini shell with even amounts of stuffing. Roast in oven for 15–20 minutes until cooked through.



### 5. FINISH AND PLATE

Divide potatoes and zucchini boats among plates. Serve with salsa.

**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](mailto:hello@dinnertwist.com.au)

