




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 relish.

 40 mins

 4 servings

 Plant-Based

8 March 2021

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** 12g **TOTAL FAT** 14g **CARBOHYDRATES** 55g

FROM YOUR BOX

BABY POTATOES	800g
ZUCCHINIS	2
RED CAPSICUM	1
CORN COBS	2
MINT	1/2 bunch *
CASHEW CREAM CHEESE	1/2 jar *
RELISH	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

2 oven trays

NOTES

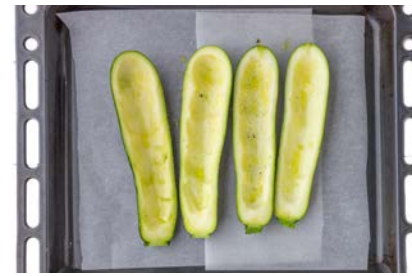
You can add a dried herb or spice of choice to the stuffing mix if you like!



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 zucchinis 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 cobs. 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 tomato relish.

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**

