

Stuffed courgettes with almond salsa

Cuisine: Other

Food category: Vegetarian dishes



Author: Ondrej Vlcek

Company: Retigo



Program steps

Preheating: 195 °C

1 Hot air 100 % Termination by time 00:30 hh:mm 180 °C + 100 %

Ingredients - number of portions - 4

Name	Value	Unit
zucchini	4	pcs
cherry tomatoes	100	g
garlic	2	pcs
grana padano	50	g
panko breadcrumbs	70	g
chicken eggs	1	pcs
lemon juice	1	pcs
parsley	30	g
olive oil	50	ml
almonds	40	g
freshly ground black pepper, ground	1	g
salt	1	g

Directions

Cut courgettes lengthway and scoop out the flesh from centres, leaving about 1cm thick canoes. Put the flesh into sieve and squeeze out as much juice as possible. Transfer it into a bowl and mix with panko, grana padano-finely grated, egg, garlic and cherry tomatoes. Season with salt and pepper.

Make salsa mixing together almonds with olive oil, lemon juice, lemon zest and chopped parsley. Add half of the salsa into courgette mixture and stir well.

Spread courgette canoes cut side up on a tray and fill them up with prepared mixture.

Put them in a preheated oven and bake for about 15 minutes until soft and golden brown.

When done cool down slightly and serve warm drizzled with left over salsa as a starter or main course with mixed salad.

Nutrition and allergens

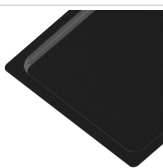
Allergens: 1, 3, 8

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	200.8 kJ
Carbohydrate	15.6 g
Fat	9.6 g
Protein	8.1 g
Water	0 g

Recommended accessories



Vision Bake