

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 |

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 |

Directions

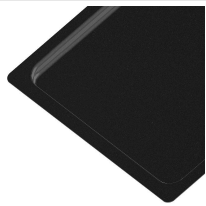
Cut courgettes lengthway and scoop out the flesh from centres, leaving about 1cm thick canoes. Put the flesh into sieve and squeeze out as much juice as possible. Transfer it into a bowl and mix with panko, grana padano-finely grated, egg, garlic and cherry tomatoes. Season with salt and pepper.

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.



Vision Bake