



## BURGHUL-STUFFED ZUCCHINI

**Nutrition Facts per 100 grams of marrow:** Calories 113, Protein 5g, Carbs 15g, Fat 4g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 75 min



## INGREDIENTS

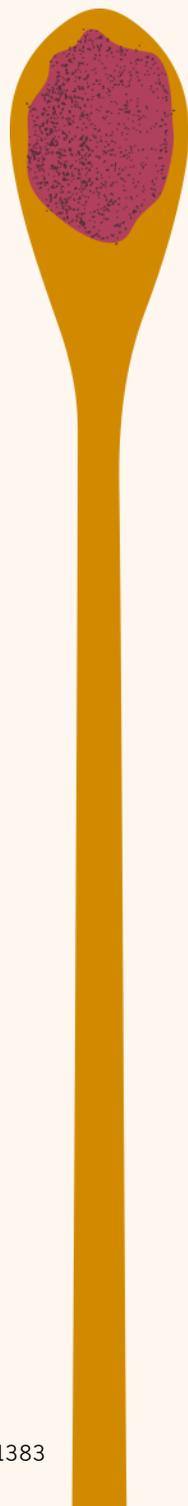
Zucchini stuffed with ground  
lamb/beef and burghul (1 KG)

Garlic

Signature Sauce Mix (tomato  
paste and lemon base)

# METHOD

1. Mix sauce with 500 ml water.
2. Add ladle to a pot, arrange stuffed zucchini, place garlic in between.
3. Top with sauce, **add enough water just to cover.**
4. Bring to boil over medium heat.
5. Reduce heat to low, cover and cook 1hr 15 minutes.
6. Serve hot.



**BON APPETIT**