



## STUFFED VEGETARIAN ZUCCHINI

A delicious classic recipe  
loved by all ages.

**Nutrition facts/medium piece of zucchini:** Calories 112, Protein 2g, Carbs 19g, Fat 4g

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

**Preparation Time:** 5 min, **Cooking Time:** 60 min



## INGREDIENTS

Zucchini (1 KG)

Rice, Olive Oil

ME Spices, Dry mint

Black pepper, Cumin

Garlic, Parsley,

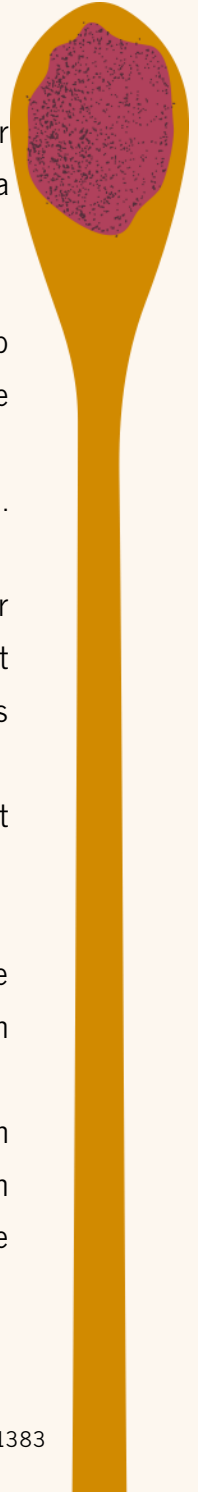
Pomegranate Molasses

Tomatoes, Tomato Paste

Lemon Juice

# METHOD

1. Mix sauce with water (1 Kg zucchini for 2 people = ½ liter water). Place a ladle of the mixture in the bottom of a large pot.
2. Add the zucchini. Place the pot over the stove.
3. Pour the sauce over, then place a heatproof plate on top and make sure liquid come to the top to cover the zucchini, if not add little water.
4. Cover with lid, turn the heat on medium and bring to boil. Reduce heat to lowest and cook for 35 minutes.
5. Remove cover and cook for 15 - 25 minutes longer or until done. Watch the liquid and do not allow to go dry. It is ok if liquid level goes down and sauce thickens (desirable actually) but it shouldn't dry out.
6. Check for softness, it should be well cooked but not entirely falling apart.
7. Take the pot from away from heat. Remove plate.
8. Carefully remove the liquid to a suitable bowl. Reserve liquids to serve on the side. If desired, you can reduce in a saucepan to desired thickness.
9. Rest pot for 5 minutes or so. Place a large deep dish on top of the pot and carefully turn the pot upside down on the dish. Be careful and use heat resistant mittens. Serve immediately with cooking sauce on the side.



**BON APPETIT**



## ZUCCHINI MUTTABAL

Delicious and healthy appetizer

**Nutrition Facts per 100 grams of zucchini:** Calories 133, Protein 4g, Carbs 11g, Fat 8g

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

**Preparation Time:** 10 min, **Cooking Time:** 30 min



## INGREDIENTS

Zucchini (coring of 1 KG)

Onion, Garlic

Olive Oil

Tahini Sauce Mix (lemon based)

Paprika

Black Pepper

Parsley

Pita Bread

# METHOD

1. Place a deep skillet or saucepan over medium heat. Add half the olive oil and swirl to heat.
2. Add onions and a dash of salt, stir quickly until translucent. Reduce heat to low.
3. Add garlic and cook stirring quickly for 30 seconds.
4. Add the marrow inners and stir.
5. Add half the remaining salt and black pepper and stir well to combine.
6. Cover and cook for 30 minutes checking and stirring every 10 minutes. If too dry add water a tablespoon at a time. On the other hand, if there is too much liquid, cook uncovered till excess water evaporates.
7. Cool to room temperature then place in bowl, add tahini sauce mix and half the paprika. Mix well to homogenize. Check salt and adjust.
8. Scoop to a deep serving dish, drizzle with remaining olive oil, then garnish with paprika & parsley
9. Serve with pita bread on the side.



**BON APPETIT**