



Stuffed Zucchini

There are many ways to stuff a zucchini vegan style. Today I have chosen a filling which comes close to the original meat recipe.

You need vegan mince (ground for the American friends) for it. There are plenty of options to buy in either the supermarket or a health food store. Frozen or fresh. Choose the one you like most, it will work with either minced meat.

Ingredients

3 zucchini

1 cube vegetable broth (make sure you get a vegan type)

Filling:

60 g Rice

200 g Vegan minced meat

1 Onion

2 tablespoons tomato puree

2 garlic cloves

1 small carrot

1 teaspoon soy sauce

cayenne pepper at taste

herb salt at taste

black pepper at taste

1 teaspoon Italian dried herbs

1 tablespoon olive oil

Vegan cheese sauce:

150 ml coconut milk (or any other neutral in taste plant-based milk)

3 tablespoons nutritional yeast

2 tablespoons tapioca starch

½ teaspoon herb salt

¼ teaspoon onion granulate

¼ teaspoon garlic granulate

1 pinch smoked paprika powder

Garnish:

Fresh basil

Instructions

- Boil the rice.
- Cut the zucchini in halves, scoop out the pulp leaving a border around the skin. Steam them in a large pan with a bit of water and the vegetable broth for a few minutes. The zucchini should just start to become soft. If you steam them too long, they will lose shape when stuffed. Too short and they taste like a sponge. Best to keep a close eye on the pan.
- Keep the vegetable broth for later.
- Dice the onion and the carrot and fry it together in a pan with the olive oil until the onions become translucent and the carrot soft.
- Add the vegan minced meat, the garlic, tomato puree, salt, pepper, cayenne, Italian herbs, soy sauce and mix it well, until the minced soy meat is ready. Add the rice, mix again and add some of the vegetable broth if the filling became too dry.
- Place the zucchini boats onto a baking pan and stuff them with the filling.
- Mix the coconut milk (or any other plant-based milk with a neutral taste) with the nutritional yeast, tapioca starch, garlic and onion granulate, a pinch of smoked paprika powder and herb salt with a whisk in a pan.
- When everything is well mixed, boil it for 1 minute or a few seconds longer, whisking continuously, until the sauce becomes a chewy paste like melted cheese.
- Use a spoon and spread the cheesy sauce on top of the filling of the zucchini boats.
- Preheat the oven. Bake the stuffed zucchini at 200 C (fan oven 180 C) for approx. 15 minutes until the cheesy sauce looks gratinated.
- Garnish with fresh basil.