

**Name of the recipe: Zucchini stuffed with turkey meat**

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**Sports Teacher**



**Ingredients:**

1. 4 medium sized zucchinis
2. 1/2 onion, chopped
3. 1 clove garlic
4. 40 grs grated parmesan cheese
5. 200 cc wholecream
6. Salt, pepper & paprika to taste
7. 450 grs minced turkey
8. 1 cup oatmeal
9. 1 chicken flavouring cube

**Optional:**

1. Use beef mince instead
2. Grated breadcrumbs instead of oatmeal
3. Ready to use sautee mixture instead of onion

**To prepare:**

1. Cook the zucchinis whole, in water for around 20 mins:
2. When ready, drain, cut lengthwise in half;
3. With a spoon, remove the inside of the zucchini;
4. Sautee the onion with the garlic & dissolved chicken flavouring. Add the meat. When all very well cooked add the cream and let set.
5. Add the inside flesh (drain the excess water), stir and add 1 cup oatmeal or breadcrumbs and half the parmesan cheese. Let cool.
6. Place the zucchini skins on a greased oven tray and fill with the mixture.
7. Add additional parmesan and broil until golden brown.

**Tiempo de cocción 20 minutos. Temperatura: 200°C**

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