

Simple stuffed Zucchini with Feta & Fresh Tomato



Serves 2

Prep 30 mins

Cooking 35 mins

Easy

Ingredients

2 large zucchinis
1/2 large onion
2 tablespoons olive oil
Salt and pepper
1 teaspoon thyme
4 tablespoons crumbled feta cheese
1 tomato, diced

Serve with:

2 bags of rice cooked following packet instructions
Tomato sauce

1. Preheat the oven to 200C.
2. Wash and scrub the zucchini and then take a slice, cutting lengthwise, off the top third of the zucchini.
3. Hollow out the zucchini with a spoon and then roughly chop up the insides. Place the zucchini, cut face down, on a baking sheet greased with 1 tbsp of the olive oil and bake for 20 mins.
4. Meanwhile, in a medium sauté pan, heat 1 tbsp of the olive oil and sauté the onion and chopped zucchini for about 7 minutes until onion is soft. Sprinkle with the thyme, salt and pepper and set aside.
5. In a small bowl, mix together the feta and the tomatoes. Remove the zucchini from the oven and stuff with the onion mixture. Evenly top each zucchini with the feta mixture and then bake for an additional 15 minutes. Serve warm with rice and a tomato sauce.