

CSA Inspirations from Lauren

TRUE CONFESSION: I've never stuffed a vegetable. Or even a turkey for that matter. But as I flipped through Yotam Ottolenghi's "Plenty" cookbook (a new vegetarian classic!) and saw a oozing dish of stuffed tomatoes and positively swooned. A few pages later and I see the solution to all my zucchini problems: carve them into mini canoes and stuff them with herb packed fillings and bake! The great thing about stuffing vegetables and baking them is that once you get the process down, you can alter the flavors of the fillings to whatever you like. Add some sweet corn kernels and replace the oregano with cilantro for a more Tex Mex feel (maybe with some shredded cheese on top?). Use mint and parsley and top with a bit of plain greek yogurt for something more Mediterranean. Whatever you decide to do, your friends and family will at least be grateful for being spared another loaf of zucchini bread.

Stuffed zucchinis with oregano and pine nut salsa

Adapted from Yotam Ottolenghi's recipe published in the Guardian on 10/7/2017

2 medium zucchini, cut in half lengthways
½ garlic clove, peeled and crushed
1 large egg, beaten
3 TB (40g) pecorino, finely grated
3 TB (40g) fresh sourdough breadcrumbs
Salt
½ cup (100g) cherry tomatoes, quartered
1 lemon – zest finely grated, to get 2 tsp, and juiced, to get 1 tbsp
4 tbsp finely chopped oregano leaves
3 TB (40g) pine nuts (or walnuts! Or almonds!) lightly toasted and chopped
3 tbsp olive oil

Heat the oven to its highest setting (425F). Using a dessert spoon, scoop out the zucchini flesh, but not all of it: you want a little bit of flesh left all around the sides, so the courgettes hold their shape. You'll end up with four zucchini "canoes". Transfer the flesh to a sieve and squeeze out as much liquid as you can: you should be left with about 100g flesh. Put this in a bowl and mix in the garlic, egg, pecorino, breadcrumbs and a quarter-teaspoon of salt. Crush the tomatoes with your hands, then stir into the zucchini mixture.

In a second bowl, mix the lemon zest, oregano and nuts. Stir half of this into the zucchini mixture and save the rest for the topping.

Lay the hollowed zucchinis cut side up on a medium oven tray lined with baking paper. Drizzle a tablespoon of oil over the top and season with an eighth of a teaspoon of salt. Spoon the zucchini filling into the hollows, and bake for 15 minutes, until the filling is set and golden-brown.

While the zucchinis are baking, make the topping. Mix the lemon juice, remaining two tablespoons of oil and an eighth of a teaspoon of salt into the oregano and nut bowl. Once the zucchinis are cooked, let them cool a little before serving, with the topping drizzled over the top.

-Lauren Haun
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