



*Zucchini has a mild flavour that is slightly sweet. The sweetness in zucchini becomes more evident when it is cooked. Stuffed with a ground beef, rice, and herb mixture and flavored in an egg-lemon sauce, it is a hearty meal that can be enjoyed any time of the year.*

## **Stuffed Zucchini**

### *Ingredients*

4 zucchini	
2 small onions	1 cup water
1 tbsp fresh mint, chopped	1 tbsp Kosher salt
1 tsp fresh dill, chopped	1 tbsp pepper
2 garlic cloves, chopped	4 tbsp olive oil
1 lb ground beef	6 potatoes, sliced
2/3 cups rice	1 cup beef stock

### *Ingredients - Lemon Sauce*

2 eggs  
Juice of one lemon  
Stock from food

### *Instructions*

Slice the zucchini in half and using a vegetable peeler, hollow out the center of each side. Set the hollowed zucchini aside. Chop the inside pieces that were removed from the zucchini. Add 2 tbsp olive oil into a pan and add the chopped zucchini, onions, and garlic. Cook until all the moisture from the zucchini reduces and the onions and garlic sweat through (approximately 5 minutes). Add the fresh herbs, salt and pepper and cook for an additional minute.

Add the zucchini mix to the raw ground beef in a bowl and mix together. Add the rice and the water and mix well. The mixture will be a bit runny. Using a spoon, fill the hollowed zucchini, pushing the filling down so that it reaches the end. Place the filled zucchini into an oven ready pot with the open ends facing each other. Continue until all the zucchini are filled.

Preheat the oven to 350°F. Peel and slice the potatoes to a 1/4" thickness and add a layer on top of the zucchini so that they are fully covered. Add any remaining meat mixture and cover with another layer of potatoes. Add the beef stock and cover with an oven safe plate to keep the zucchini and potatoes in place. Cook in the preheated oven for two hours.

In the meantime, make the lemon sauce by separating the egg yolks from the whites. Beat the whites until they form peaks and, while continuing to beat, add the yolks one at a time. Add the lemon juice and mix well.

Tilt the pot and remove some of the juices. Temper the beaten eggs with the juice and once the eggs are warmed, add the egg mixture back into the pot, tilting the pot from side to side to distribute the lemon sauce. Serve immediately.

Makes 4 to 6 servings.