



Zucchini boats

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When the days get longer and the dishes lighter, these zucchini boats are just the thing. Fresh, aromatic and full of plant-based ingredients, they bring summery enjoyment to your plate – uncomplicated, quick to make and ideal for relaxed meals.

Zutaten

4 Portionen

1 Onion
1 Garlic clove
1 Zucchini
2 EL Beard Olive Mediterranean
170 g Perfetto lentil Bolognese
50 g Couscous
0.5 TL Paprika powder, smoked
Salt
2 EL Cashew parmesan
Basil

Zubereitung

Peel and finely dice the onion and garlic. Wash the zucchini and cut in half lengthways. Scrape out the inside with a teaspoon and chop finely. Place the hollowed-out zucchini halves on a baking tray.

Preheat the oven to 160° C fan. Heat the frying olive in a pan, fry the onions and garlic until translucent, then add the chopped zucchini and fry briefly. Stir in the lentil Bolognese. Pour the sauce into the zucchini halves. Bake for 25 minutes.

In the meantime, mix the couscous with the paprika powder and a little salt, pour in 100 ml hot water and leave to stand for 5-10 minutes. Then fluff up with a fork. Spread the couscous on plates. Remove the stuffed zucchinis from the oven and cut each boat in half. Arrange on the couscous and garnish with cashew parmesan and basil.

Our tip:

The recipe works well as a starter for four people, but is also a delicious main course for two people when served with a small green salad.