

# Baked Stuffed Zucchini

## Ingredients

500g minced steak	¾ cup rice
1 brown onion (finely chopped)	
2 cloves garlic (crushed)	2 cups passata
1 teaspoon Italian herbs	1 egg (beaten)
4 small zucchini (we used a large marrow)	
Olive oil	Salt and pepper
Cheese (optional)	

## Materials

Frying pan	Cutting board
Sharp knives	Baking dish
Colander	Saucepan

## Method

Preheat oven to 180c

Cut the zucchini in half and scoop out the seeds, a spoon is good for this.

Then remove the flesh, leaving a shell with 1cm thick flesh.

Dice what was removed and set aside.

Place in greased baking dish.

Rub or drizzle olive oil over the zucchinis season with salt and pepper and bake for approximately 20 minutes or until the flesh is soft.

**While this is cooking make the stuffing.**

Put 1 tablespoon of oil in a pan and saute the onion and garlic over a medium heat.

Next add the minced steak and brown.

Cook the rice in boiling water and drain.

Add the reserved flesh to the pan and cook.

Add the passata and mix well.

Add the rice and herbs, season with salt and pepper.

Whist stirring add the beaten egg.

Remove from heat.

Remove cooked zucchinis from the oven and fill with the stuffing mixture.

Sprinkle with cheese if using it.

Return to the oven and bake a further 20 minutes.

Serve with salad.

