

BRUNGIEL MIMLI

STUFFED ZUCCHINI FROM MALTA

Vegan Chef
Gabriele Bonomi



INGREDIENTS:

2 courgettes
3 ripe tomatoes
3 tbsp capers
3 tbsp green olives
3 tbsp black olives
1 onion
2 garlic cloves
5 tbsp oat flakes
½ tsp hot pepper
1 tsp oregano
a splash of plant-based milk
2 tbsp oil
salt & Pepper

DIRECTION:

Cut the courgettes in half and with the help of a spoon remove part of the inside.
In a pan, heat some oil and sauté the onion, garlic and chilli pepper, very finely cut.
Then add the inside of the previously excavated courgette, capers, olives cut in half, diced tomatoes and cook for about ten minutes.
If necessary, add water.
Add the oat flakes and put out the fire. Correct salt and pepper and add some oregano.
Arrange the courgettes in a pan, salt them lightly, and fill generously with the filling.
Bake in a preheated oven at 190°C for 30 minutes.

If you want to decrease the cooking times, boil the courgettes for 5-6 minutes. Then reduce the baking time to 20 minutes.

VEGAN BEAR CHEF