



Zucchini Boats* (ES) (OP W)

Serving: 1

Veg

Ingredients

- 1 large zucchini
- 2 tbsp butter
- 2 slices cheese , shredded
- 5 mushrooms
- 7-9 florets Broccoli chopped
- 2 tbsp fresh cream
- 4 tbsp green onions chopped
- salt and pepper to taste

Preparation Method

- Preheat oven to 400F and cut the zucchini in half length .
- Using a spoon , scoop out most of the zucchini until you have left with shell about $\frac{1}{2}$ - 1cm thick
- Pour 1 tsp of melted butter into each zucchini boat , season with salt and pepper and place them in oven . This allows the it to cook down little while you prepare the filling . It will take 5 minutes approx.
- Take 5 mushrooms , and saute them in butter ,season with salt and pepper . Add chopped broccoli
- Combine mushrooms and broccoli with cream to keep them moist and creamy . Season in this step as well with pepper only
- Take out zucchini , Add broccoli and zucchini filling in the boat.
- Sprinkle cheese , on top . Again put in oven for 5 minutes or till completely cooked
- Garnish with greens