KALI OREXI

sharing our Greek culinary heritage

Maria Fotiadou's Stuffed Zucchini

A recipe from the super-cook Maria Fotiadou – who spices up her drool-worthy social media posts with some refreshing irreverence!

You will need...

12-14 medium zucchini

¼ cup extra virgin olive oil (EVOO)

1 medium-large brown onion, finely diced

400g mixed minced pork and beef

¼ teaspoon cracked black pepper

¼ teaspoon white pepper

1 teaspoon salt

1/3 cup medium-grain rice

3 cups chicken stock (see KO's Chicken Stock)

3 spring onions

1 handful flat-leaf parsley, chopped

1 handful dill, chopped

1 handful mint, chopped (Optional: Maria does not favour mint, but you might)

1 cup water

2 eggs

1 large lemon, juiced

Preparing the zucchini

- Wash the zucchini
- Cut the stalk off the top
- Using an apple corer or a small spoon carefully scrape out the flesh, leaving about ½ cm of skin and flesh (reserve the zucchini flesh for zucchini fritters or a zucchini pie)
- Place the hollowed-out zucchini in a medium pot, one next to the other, so they remain upright (If your pot is large – use bowls to prop up the zucchini and fill the empty spaces in the pot)

Preparing the filling

- On medium-high heat sauté the brown onion in the EVOO till golden in colour
- Add the minced meat and cook till it browns
- Season with the salt and pepper
- Add the rice
- Add 1 cup chicken stock and cook till the stock is absorbed
- Stir in the spring onions, parsley, dill and mint

Cooking the stuffed zucchini

- Fill the zucchini
- Drizzle the zucchini with a little EVOO
- Add 2 cups chicken stock and 1 cup water to the pot, so liquid level is about 1/3 of the way up the zucchini
- Place a lid on the pot and cook the zucchini on the cooktop, on medium/medium-high heat until the zucchini have softened and the rice has cooked through
- Very carefully transfer the zucchini to a platter

Serving the stuffed zucchini

- For the avgolemono, beat two eggs till light and frothy, add the juice of one lemon and add some broth from the pot to temper the avgolemono
- Pour the avgolemono over the zucchini
- Serve and enjoy!
- Kali Orexi!