



Stuffed zucchini and vine leaves

Ingredients

- 18 Smalls zucchinis
- 35 Mediums Vine leaves
- 1.25 cups Egyptian rice, soaked in water and drained
- 400 g Minced lamb
- 1 Medium Tomatoes, diced
- 2 tbsp Butter, melted
- 0.25 cup Water
- 1 tsp Ground cinnamon
- 0.5 tsp Ground Black Pepper
- 1 tsp Ground seven spices
- 1 pinch Ground nutmeg
- 8 Cloves Garlic, finely chopped
- 2 cubes Maggi® Chicken Bouillon
- 4 cups Water
- 0.5 cup Lemon juice

Instruction

1. Hollow baby zucchinis and remove extra stems from the vine leaves. Wash both well, drain and set them aside.
2. In a bowl, combine and mix rice, minced lamb, tomato, butter, salt and spices and set in fridge for ½ hour.
3. Stuff baby zucchinis with this mixture and keep 1 cm empty from the top and set aside.
4. To stuff vine leaves: Place leaf on a working board with the dull side and the stem facing up. Place one teaspoon of the stuffing on the lower part of the leaves, fold the outside edges towards the center and roll tightly into the shape of a finger.
5. Line with 1 layer of unstuffed leaves on the bottom of a large pot, then place the rolled stuffed leaves above them alternating the direction of each layer.
6. Arrange garlic cloves on top and sprinkle MAGGI® Chicken bouillon over them.
7. Place stuffed baby zucchinis over the stuffed vine leaves side by side. Secure zucchinis with a plate on top.
8. Add water and bring to boil (add salt to your taste), then simmer on low heat for 2 hours or until baby zucchinis are well cooked. Add lemon juice and remove from heat.

Nutrition

Carbohydrates	55.36 g
Energy	367.38 kcal
Fats	7.97 g
Protein	23.01 g

120 Minutes

6 Servings