



Stuffed Zucchini and Vine Leaves with Lamb Chops

Ingredients

- 10 Smalls zucchinis
- 35 Mediums Vine leaves
- 1.25 cups Egyptian rice, soaked in water and drained
- 250 g Minced meat
- 1 Medium Tomatoes
- 2 tbsp Butter, melted
- 0.25 cup Water
- 1 tbsp Ground cinnamon
- 0.5 tsp Ground Black Pepper
- 1 tsp Ground seven spices
- 1 pinch Ground nutmeg
- 1 tbsp Vegetable Oil
- 400 g Lamb, cuts with bones
- 1 Sachet MAGGI Powder Chicken Bouillon
- 8 Cloves Garlic, peeled
- 4 cups Water
- 0.5 cup fresh lemon juice

Instruction

1. Hollow baby zucchini and then 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, water, salt and spices and set in fridge for ½ hour.
3. Stuff baby zucchini with this mixture and keep 1cm empty from the top and set aside.
4. To stuff a vine leaves; place it on a working board with the dull side and the stem facing up. Place a 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. Heat the oil in large pot and fry lamb chops for 5 minutes or until brown in color. Remove pot from heat. Arrange lamb chops evenly then add the whole peeled garlic, MAGGI Powder Chicken Stock over the lamb chops.
6. Lines with 1 layer of unstuffed leaves over the lamb chops then place the rolled stuffed leaves above them alternating the direction of each layer.
7. Place stuffed baby zucchini 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 zucchini is well cooked. Add lemon juice and remove from heat.

Nutrition

Carbohydrates	44.54 g
Energy	453.18 kcal
Fats	21.04 g
Protein	24.47 g

🕒 120 Minutes

⊕ 7 Servings