



Maggi

Zucchini Boats

Ingredients

- 1 Sachet MAGGI® Béchamel Mix
- 750 mL Milk
- 1 cube MAGGI® Chicken Bouillon Less Salt
- 1 tbsp Olive oil
- 1 Small Onion
- 2 Cloves Garlic
- 1 Medium Red Bell Pepper, chopped
- 500 g Veal, ground, raw
- 0.5 cup Cheese, cheddar
- 1 pinch Fresh parsley, chopped
- 5 Mediums Squash, summer, zucchini, includes skin, raw

Instruction

1. Add milk and MAGGI® Béchamel Mix and bring to a boil. constant stirring, then simmer for 2-3 minutes or until the sauce thickens.
2. Cut the zucchini in half lengthwise. Use a spoon to scoop out the flesh, leaving a hollowed-out "boat" shape. Reserve the scooped-out flesh for later use.
3. In a large skillet, heat the olive oil over medium heat. Add the chopped onion, minced garlic, add the minced meat sauté until golden add red bell pepper. Sauté until the vegetables become tender.
4. Add MAGGI® Chicken Bouillon LS and the reserved zucchini flesh to the skillet. Cook for an additional 5 minutes until the minced meat and zucchini flesh are cooked.
5. Place the hollowed-out zucchini boats in a greased baking dish. Spoon the prepared filling mixture into each zucchini boat, dividing it evenly.
6. Pour the béchamel over each zucchini boat and sprinkle the shredded cheese over the top of each zucchini boat.
7. Cover the baking dish with foil and bake in the preheated oven at (190°C). for 20 minutes.
8. Remove the foil and bake for an additional 10 minutes, or until the zucchini is tender and the cheese is melted and bubbly. Garnish with fresh chopped parsley before serving.

Nutrition

Carbohydrates	17.75 g
Energy	296.37 kcal
Fats	16.81 g
Protein	18.85 g

🕒 30 Minutes

⊕ 8