



Zucchini Boats

Recipe by Kate Caire of Carnation Kitchen



Serves 4



50 minutes

INGREDIENTS

- 2 large or 4 medium Zucchini
- 500gm pork or beef sausages
- 1 small brown onion
- 1 clove of garlic
- 1 teaspoon dried Italian herbs
- 1 cup crushed tomatoes
- 1 cup Mozzarella and Parmesan cheese mixed
- 2 teaspoons olive oil
- 1 tablespoon fresh parsley



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

- 1) Pre heat oven to 200°
- 2) Remove casings from sausages and set aside.
- 3) Cut the Zucchini lengthwise and use a spoon to gently scoop the seeds and a little of the flesh out. Arrange the zucchinis in a backing tray scooped side up - trimming the bottoms so they sit flat.
- 4) Heat the olive oil in a pan over a medium high heat and add the sausage meat breaking it up while cooking. After 3-4 minutes add onion, garlic and herbs and cook for a further 3-4 minutes.
- 5) Pour in crushed tomatoes and bring to a boil then reduce to a simmer to thicken the sauce for 3-4 minutes.
- 6) Evenly spoon the mixture into the hollowed zucchini's and top with cheese mixture. Bake for 20 mins or until the zucchini is tender. Serve with toothpick tissue sails and fresh parsley



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