



We've reached 'Z' in our Ingredients Alphabet experiment. OK we'd usually call the Zucchini Courgettes here, but a bit of artistic license?.

Ingredients:-

The meat from 2 cooked Chicken thighs, shredded
1 large Zucchini each
Grated Cheese
Seasoned (Gluten free) Breadcrumbs
Grated Italian style Cheese
1/2 a tub of Garlic and Herb Quark
Finely chopped Mushrooms
Finely chopped Onion

Method:-

- (1) Cut the Zucchini in half and scoop out the seeds to make an odd little green boat.
- (2) Sautee the Onions in Garlic Butter until softened.
- (3) Add the chopped Mushrooms.
- (4) Season with Salt, Pepper and mixed Herbs.
- (5) Add the Chicken and mix well.
- (6) Add the Quark.
- (7) Fill the Zucchini.
- (8) Place in the oven at 180c for 20 minutes.
- (9) Sprinkle with grated Cheese, Italian style Cheese and Breadcrumbs.
- (10) Put back in the oven for a further 10 minutes.

(11) Place in the grill to crisp up.

The filling can be anything you have available really, but this combination was really taste.
We served ours with a few chips and some Lacto Fermented Red Cabbage.