

Quinoa, Mushroom, Corn and Red Capsicum Filled Zucchini

This recipe is versatile and you can fill whatever veg you like. Red capsicums, eggplant, sweet potato, tomatoes – all could be the go. If using sweet potato you will need to partially cook them first.

The recipe is full of niacin, B3, which is brilliant for assisting HDL cholesterol in getting rid of the LDL cholesterol in your body. Niacin also assists in breaking ethanol found in alcohol into acetaldehyde and then into acetate that makes alcohol less toxic in your body. However even though niacin is needed for alcohol breakdown, no amount of niacin rich food is going to help with a hangover. I just thought it was a good idea to add more niacin rich food into this recipe just for the fun of it, as I know there is often a lot more alcohol consumption at Christmas.

Ingredients

10 round zucchini or 4 regular zucchini
1 cup cooked quinoa (½ cup dry quinoa boiled in 5 cups of salted water for 10 minutes or until the white tails appear, then strained)
150g finely diced mushrooms
kernels of 1 corn cob
1 small red capsicum diced
3 green spring onions – white and green bit finely chopped
1 to 2 tbsp currants
2 cloves garlic minced (optional)
Salt and pepper to taste
Splash of olive oil

For tomato sauce

6 plump tomatoes cut in half
¼ cup water
1 onion diced
2 cloves garlic (optional)
Big handful of Greek or regular basil
Salt and pepper to taste and even a chilli if you are a chilli fan

Method

1. For the sauce place everything in a saucepan and bring to the boil. Turn heat down and simmer for 30 minutes with the lid on. Then if it is a lot of liquid simmer for a further 30 minutes with the lid off. Blitz the tomatoes with a hand held blender.
2. Cut the top of the round zucchini or cut the other veg in half. Scoop out the flesh inside. Lightly salt the veg.
3. Fry the onions in a splash of oil for a minute. Next add the garlic and cook for a minute. Then add the capsicum and a sprinkling of salt and pepper and cook for 3 more minutes. Then add the corn and mushrooms and cook for 5 minutes or until cooked. Place them all in a bowl with the rest of the ingredients and fill the zucchini.
4. Place the zucchini on a baking paper lined tray and pop in 190°C oven for 30 minutes or until the zucchinis are cooked.
5. Serve with tomato sauce.



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