



Vegan stuffed zucchini with trahana

25'

Hands on

90'

Cook Time

10

Portion(s)

1

Difficulty



Ingredients

- 1 onion
- 1 clove(s) of garlic
- 5 tablespoon(s) olive oil
- 10 zucchinis, round
- salt
- pepper
- 1 teaspoon(s) granulated sugar
- 50 g white wine
- 400 g canned tomatoes
- 200 g sweet trahana pasta, vegetable
- 1 tablespoon(s) oregano, fresh
- 1 tablespoon(s) mint
- 100 g vegan white cheese, grated
- 1 tablespoon(s) tomato paste
- 100 g water

To serve

- 1 tablespoon(s) olive oil
- mint
- pepper

Method

- Place a [frying pan](#) over high heat and add 2 tablespoons olive oil.
- Finely chop the onion, the garlic, and add them to the frying pan. Sauté for 1-2 minutes to caramelize.
- Chop off the tops of the zucchini and, with a spoon, carefully remove the flesh. Make sure to not crack the zucchini.
- Add the zucchini in a [baking pan](#) and drizzle with 2 tablespoons olive oil. Season with salt and pepper, and cover with their tops.
- Spread a towel into a bowl, add half of the zucchini flesh, and drain it very well to remove the moisture. Then, finely chop it.
- Add the zucchini flesh to the frying pan, add salt, pepper, sugar, and deglaze the pan with the wine.
- Add the canned tomatoes, mix, and boil for 1-2 minutes.
- Remove from the heat and add the trahana, the oregano and mint finely chopped, the vegan cheese, and mix.
- Stuff the $\frac{3}{4}$ of the zucchini as the trahana will rise during baking. Cover with the lid and set aside.
- In a bowl add the tomato paste, the water, 1 tablespoon olive oil, mix, and add them to the baking pan.
- Cover with aluminum foil and bake for 1 hour. Uncover and bake for 30 more minutes.
- [Serve](#) with olive oil, mint, and pepper.

Διατροφικός πίνακας

Nutrition information per portion

171 Calories (kcal)	6.2 Total Fat (g)	0.7 Saturated Fat (g)	20.0 Total Carbs (g)
9%	9%	4%	8%
5.5 Sugars (g)	6.7 Protein (g)	3.4 Fibre (g)	0.73 Sodium (g)
6%	13%	14%	12%