



# Zucchini pizza boats

40'  
Hands on

25'  
Cook Time

8  
Portion(s)

1  
Difficulty



## Ingredients

- 4 zucchinis, large
- salt
- pepper
- 2 tablespoon(s) olive oil
- 300 g mozzarella, grated
- 100 g chorizo, thinly sliced

For the sauce

- 1 onion
- 1 clove(s) of garlic
- 1 green bell pepper
- 2 tablespoon(s) olive oil
- 50 g red wine
- 400 g tomato puree
- salt
- pepper
- 2 tablespoon(s) thyme, finely chopped, to serve

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the zucchinis in half, lengthwise, and remove their flesh with a spoon.
- Transfer the flesh into a [bowl](#) and set aside.
- Transfer the zucchinis to a [baking pan](#), season with salt and pepper, and drizzle with the olive oil.
- Bake in the oven for 10 minutes until you prepare the sauce.
- Remove the baking pan from the oven.

For the sauce

- Finely chop the onion, the garlic, and the bell pepper.
- Heat the olive oil in a [frying pan](#) over medium heat.
- Sauté the vegetables for 2-3 minutes until they are slightly tender.
- Finely chop the flesh of the zucchinis that you kept in the bowl, and add it to the frying pan.
- Sauté for 2-3 minutes until they lose their moisture.
- Deglaze the pan with the wine, mix with a serving spoon, and add the tomato puree, salt, and pepper.
- Allow 5-7 minutes for the sauce to boil and remove the frying pan from the heat.
- Stuff the zucchinis that you baked with the sauce. Add the mozzarella and the chorizo.
- Transfer the baking pan in the oven and bake for 10 minutes, until the cheese is melted and golden.
- Remove the baking pan from the oven, sprinkle with the thyme, and serve.

## Tip

For a kids' version, you can replace the chorizo with another kind of deli meat!

## Διατροφικός πίνακας

Nutrition information per portion

211 Calories (kcal)	15.0 Total Fat (g)	7.1 Saturated Fat (g)	5.5 Total Carbs (g)
11%	21%	36%	2%
4.8 Sugars (g)	12.0 Protein (g)	2.4 Fibre (g)	1.2 Sodium (g)
5%	24%	10%	20%