

# Ratatouille-Filled Zucchini

with Tomato & Basil Quinoa

Stuffed zucchini or “*courgette farcie*” is a traditional Provençal dish made with the freshest rustic produce of the countryside. We’re keeping true to French tradition and filling these delicious green zucchini with ratatouille. As a side, you’ll serve up fluffy, nutty white quinoa. Quinoa isn’t a “true cereal” (it’s not in the grass family like wheat or barley); it’s more closely related to beets and spinach, which is why its flavor is more complex.



## Ingredients

- 2 Cloves Garlic
- 2 Ounces Cherry Tomatoes
- 2 Ounces Goat Cheese
- 2 Zucchini
- 1 Bunch Basil
- 1 Italian Eggplant
- 1 Spring Onion
- 1 Red Bell Pepper
- ¾ Cup White Quinoa
- ¼ Teaspoon Crushed Red Pepper Flakes
- 1 Tablespoon Red Wine Vinegar
- ¼ Cup Panko Breadcrumbs

Makes 2 Servings  
About 500 Calories Per Serving





# Instructions



## Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic. Halve the cherry tomatoes lengthwise. Crumble the goat cheese. Cut the zucchinis in half lengthwise then, using a spoon, scoop out the interior of each piece; small dice the interiors and place in a small bowl. Pick the basil leaves off the stems; discard the stems and roughly chop the leaves. Small dice the eggplant and pepper. Thinly slice the spring onion.



## Cook the quinoa:

Once the water is boiling, add the **quinoa** and cook 14 to 16 minutes, or until tender. Drain thoroughly and return to the pot. Set aside as you continue cooking.



## Roast the zucchini:

While the quinoa cooks, place the **zucchini boats**, cut side up, onto a sheet pan. Lightly drizzle with olive oil and season with salt and pepper. Place in the oven and roast 14 to 16 minutes, or until slightly tender. Remove from the oven and set aside as you continue cooking. Leave the oven on.



## Make the ratatouille:

While the zucchini roasts, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **spring onion** and **garlic** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened. Add 1 teaspoon of oil to the pan along with the **eggplant, red pepper, chopped zucchini** and **as much of the red pepper flakes as you'd like**. Season with salt and pepper and cook, stirring occasionally, 8 to 10 minutes or until softened. Stir in the **vinegar** and **half the basil**; season with salt and pepper and cook 30 seconds to 1 minute, or until slightly reduced in volume. Remove from heat and set aside as you continue cooking.



## Fill & bake the zucchini:

Fill each of the **roasted zucchini boats** with as much of the **ratatouille** as possible (save any remaining filling to serve on the side). Top each stuffed zucchini with the **panko breadcrumbs** and **goat cheese**. Bake 8 to 10 minutes or until the cheese is lightly browned and the breadcrumbs are toasted.



## Finish & plate your dish:

While the stuffed zucchini bake, stir the **tomatoes** and **remaining basil** into the **cooked quinoa** along with a drizzle of **olive oil**; season with salt and pepper to taste. To plate your dish, divide the **stuffed zucchini** and **dressed quinoa** between 2 dishes along with any **remaining ratatouille**. Enjoy!