

Mediterranean Stuffed Vegetables

Equipment:	Ingredients:
Large saucepan Chopping board Knives – small and large 2 tea-towels Bowls – 1 small, 1 large Teaspoon (with sharp edges for scooping) Wooden spoon Metric measuring cups Pastry brush Ovenproof dishes (2-3) Food processor Aluminium foil Slotted spoon	Double quantity Spicy Rice Filling (pre-made) 1 bunch parsley ½ cup extra virgin olive oil 6 slices sourdough bread 12 medium onions 6 medium zucchini 12 Roma tomatoes Salt to taste

What to do:

- Preheat oven to 200°. Fill saucepan with water, add a pinch of salt and bring to the boil.
- Halve the unpeeled onions crossways and gently drop them into the boiling water for 10 min.
- While the onions are cooking, finely chop the parsley and set aside. You can also whiz the slices of bread in the food processor to make coarse breadcrumbs. Set aside.
- Lift out with the slotted spoon. Drain the onions cut side down on a tea-towel.
- When drained and cooled, extract the inside of the onion, leaving a 'wall' of 2 or 3 rings. Take off the skin and discard. Save the onion centres in a separate large bowl.
- Cut the zucchini and tomatoes in half lengthways and scoop out the middles so that they look like shallow dishes. Set aside. Save the scooped flesh and add to the onion middles in the large bowl.
- Chop the tomato, zucchini and onion flesh together. Add the spicy rice filling and use a wooden spoon to combine everything. Set aside.
- Using a pastry brush, lightly grease the ovenproof dishes with olive oil. Also brush the outside of the onions, tomatoes and zucchini lightly with oil before arranging them in the baking dish.
- Fill each tomato, onion and zucchini with the spicy rice and vegetable filling, mounding it a bit.
- Combine the breadcrumbs and parsley, and scatter the mixture over the stuffed vegetables. Drizzle with the remaining oil.
- Cover loosely with aluminium foil and bake for 15 minutes, then remove the foil and bake for a further 15 minutes.
- To serve, remove the vegetables from the oven, cut the zucchini into halves. Serve on a heatproof mat with tongs.