

Zucchini stuffed with cheese and mint



Serves 6.

Ingredients:

- 6 zucchini, round
- 1 onion, thinly sliced
- 1 slice of stale bread, soaked in a little milk
- 60 g (2 oz) pine nuts
- olive oil
- 4 tbsp snipped mint
- 1 tsp paprika
- 500 g (17 oz) kefir cheese, well-drained
- 1 egg
- salt, ground pepper.

Zucchini with cheese preparation

Preheat the oven to 180 °C (355 °F). Carefully cut away the top from each zucchini. Scoop the flesh out with a spoon, leaving 5 mm of flesh on the skin. Salt the inside and set aside. Roughly chop the flesh.

Let the bread soak in milk. Toast pine nuts in a frying pan without added fat until lightly coloured. Set aside.

Heat 2 tablespoons of olive oil in the frying pan and brown onion. When it begins to brown lightly, add the zucchini flesh. Season it with salt, pepper and paprika. Leave to simmer covered, until the zucchini are tender. Then pour the contents of the frying pan into a colander.

Combine kefir cheese, well-squeezed bread, egg, mint and pine nuts in a bowl. Add the contents of the colander.

Stuff empty zucchini and place them in a lightly oiled roasting pan. If they do not stand upright, cut a small slice from the base to stabilize them. Put hats on and sprinkle with a drizzle of olive oil.

Put in the oven for about 45 minutes (baking time depends on the size of the zucchini). Serve hot with rice.

Peppers, tomatoes and aubergines can be stuffed in the same way.

See more cheese recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

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Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



[Sea Salt](#)

[Buy on Kefirko.com](#)



[Organic Black Pepper](#)

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