

SECOND COURSES

Zucchini stuffed with veal, ricotta and herbs

Ingredients for 4 people

*4 large zucchini
250 g of minced veal
150 g of cow's milk ricotta
40 g of grated Parmigiano Reggiano
1 egg
1 small spring onion
1 tablespoon of breadcrumbs
Fresh marjoram and thyme
Grated zest of half a lemon
Extra virgin olive oil
Salt and black pepper*

Preparation

Blanch the zucchini for 4 minutes in salted water. Drain them, divide them in half lengthwise and gently scoop out the pulp.

Chop the spring onion and sauté it with a little oil. Add the zucchini pulp and veal, browning for about 5 minutes. Leave to cool.

Combine ricotta, Parmesan cheese, egg, breadcrumbs, marjoram, thyme and lemon zest and mix well. Season with salt and pepper.

Fill the zucchini, place them in a baking dish, sprinkle them with a drizzle of oil and cook them at 190°C for about 20 minutes, completing with a few minutes of grilling.

Serve them warm with a mixed salad salad.