



MEXICAN-STYLE STUFFED ZUCCHINIS WITH AVOCADO MASH



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Preparation 25 mins | Cooking 35 mins | Serves 4

6 medium (about 1 kg) plump zucchinis, halved lengthways
½ small red onion, finely chopped
2 garlic cloves, crushed
1 tsp mild Mexican seasoning
1 sweet corn cob, kernels removed
250g mini roma tomatoes, quartered
400g can black beans, drained and rinsed
1 cup reduced fat grated tasty cheese
Reduced fat sour cream and natural corn chips, to serve

Avocado mash:

1 ripe large avocado, peeled and deseeded
1 tbs lemon or lime juice

STEP 1 Preheat oven to 180°C fan-forced. Using a small spoon, scrape the flesh from the centre of the zucchini. Finely chop the removed flesh and set aside.

STEP 2 Place zucchinis cut-side down, close together and in a single layer, on on a large baking tray lined with baking paper. Cover with foil and bake for 15 minutes or until slightly tender.

STEP 3 Meanwhile, heat a medium frying pan on medium-high heat. Add onion, garlic, Mexican seasoning and corn kernels and cook, stirring often, for 2 minutes. Add the reserved chopped zucchini flesh and tomatoes. Stir to combine. Bring to the boil then reduce heat and simmer, uncovered and stirring occasionally, for 12-15 minutes until soft and reduced. Stir in beans.

STEP 4 Remove zucchinis from oven, uncover and turn zucchini. Fill each zucchini shell with the corn mixture. Sprinkle with cheese. Bake for 15 minutes until cheese melts and zucchini is tender.

STEP 5 Scoop avocado flesh into a bowl. Add lemon or lime juice and mash with a fork. Serve with avocado mash, sour cream and natural corn chips.

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