



Baked Zucchini Boats

Zucchini Stuffed with Tomato Sauce and Cheese

🔪🔪🔪 Easy 🍽️ 2 Servings ⌚ 45 min.



A deliciously crispy oven dish that tastes just as good as it looks. The zucchini are halved, scooped out with a spoon, filled with sugo, and then topped with aromatic buffalo mozzarella. Baked dishes can be this tempting. And it's so quick—the sauce is ready in a flash, and the zucchini are prepped in no time. The rest? The oven takes care of it.

Ingredients

1 can of ORO di Parma tomatoes, chunky (400 g each)
2 tbsp ORO di Parma tomato paste with basil
2 small red onions
1 clove of garlic
2 sprigs of basil
2 medium zucchini (about 70 g)
3 balls of buffalo mozzarella
20 g grated Parmesan*
1 tsp mixed Italian herbs (alternatively: oregano)
a pinch of salt and freshly ground pepper
4 tbsp extra virgin olive oil
1 pinch of sugar

*Certain types of cheese (e.g., Parmesan) are made with animal rennet and are therefore not suitable for vegetarian dishes.

Step 1: The Preparation

These baked zucchini boats aren't just incredibly delicious—they're also easy to make. First, prepare the sauce: Peel the red onions and garlic cloves, then finely chop both. Next, sauté them in olive oil. Add ORO di Parma Chunked Tomatoes and ORO di Parma Tomato Paste with Basil. Bring the sauce to a boil, then season with salt, pepper, a pinch of sugar, basil leaves, and Italian herbs. Now you can finish it off with Parmesan to taste.

Step 2: The Zucchini Boats

Cut the zucchini in half lengthwise and scoop out the flesh with a spoon. Slice the mozzarella and then fill the zucchini halves with the fruity sauce. Top with mozzarella slices, then bake the stuffed zucchini halves in a baking dish at 220 °C for 10–15 minutes—until they're golden brown and the cheese is bubbling nicely. Then you're ready to serve your baked zucchini boats. Buon appetito!

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