

Tofu stuffed zucchinis



For 4 servings:

2 zucchinis

350-400 g tofu, smashed (with a fork)

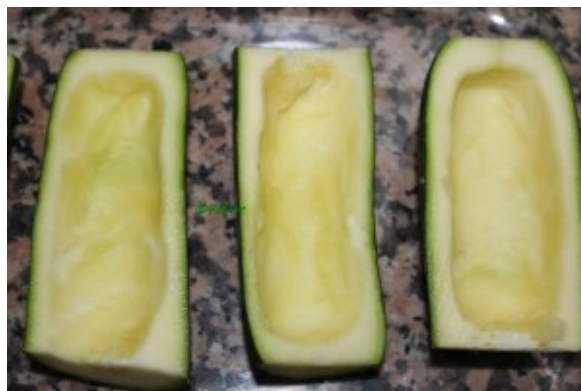
4 spring onions, finely chopped

2 tbsp. breadcrumbs

4-5 tablespoons dill, finely cut

salt and pepper , to taste

Wash the zucchini, cut into two equal parts, then into half length ways. Scoop out seeds, chop it fine and put in a bowl.



Tofu stuffed zucchinis

Mix it with the tofu, onion, breadcrumbs and t dill. Add salt and pepper to taste and mix well.

Stuff the zucchinis with the mix.



Tofu stuffed zucchinis

Place them in a tray, add approx. 1 cm of water and bake in oven, at medium heat until golden brown (20-30 minutes).

Serve warm or cold with (mix) salad.