



Zucchini Cannelloni

Using an unusual element in place of the usual is a great way to mix up your meals. This is a perfect example. We replace cannelloni pasta with zucchini that we hollowed out then stuff it full of the usual suspects and a few nuts to boot!

Ingredients

For the Cannelloni:

4 medium zucchinis, tops and bottoms cut off

1 tablespoon olive oil

For the Filling:

2 tablespoons olive oil

1 red onion, thinly sliced

2 leeks, sliced into rounds

3 bell peppers (1 red, 1 yellow, 1 green, or colors of your choice), chopped into 1cm pieces

4 cloves garlic, crushed

2 tins chopped tomatoes

1 tablespoon tomato purée

$\frac{3}{4}$ cup pine nuts

2 tablespoons (drained weight) lemon and garlic marinated Halkidiki olives or pitted green olives and 1 tablespoon lemon juice, halved lengthways

$\frac{1}{2}$ teaspoon dried thyme

Black pepper to taste

Preparation

To make the zucchini tubes, cut each zucchini into two and use a sharp slim knife to hollow out the inside of each tube, leaving a little bit of the flesh intact.

Pre-heat the oven to 350°F.

Place a large saucepan or frying pan onto the hob over a medium high heat. Once the pan has warmed, add the olive oil and heat for a minute. Add the onion, leeks and peppers. Cook for around four to five minutes, stirring occasionally, until softened.

Add the garlic and stir well. Add the tomatoes and tomato purée, mix well and simmer for ten minutes, stirring occasionally.

At this point add the zucchini tubes and 1 tablespoon olive oil to an oven-proof dish. Ensure the courgette tubes are coated in the oil and place in the oven.

Add the marinated olives (or olives and lemon juice), thyme, pine nuts and black pepper according to your taste. Simmer for a further five minutes, stirring occasionally.

Remove the dish with the zucchini tubes from the oven. Using either kitchen tongs or a fork to hold each of the tubes, stuff them with the filling. Spoon out any leftover filling in the dish to surround the courgette tubes.

Return to the oven and bake for around twenty minutes or until the courgette tubes are tender. Serve!