

Stuffed zucchini in egg and lemon sauce

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Greeks love to stuff vegetables and this dish is a classic example of a meat-based stuffed zucchini in a creamy, lemony sauce.

Ingredients (serves 6)

- 8 small [zucchini](#)
- 3 litres water
- 1 medium carrot, cut into large pieces
- 1 stalk celery, cut into large pieces
- 1 large brown onion, chopped into large pieces
- 1/3 cup (80 ml) olive oil
- Freshly milled sea salt, to taste
- Freshly ground black pepper, to taste

Egg and Lemon Sauce

- 2 eggs
- Juice of 1 lemon

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Meat and Rice Filling

- 1 large brown onion, finely chopped
- 2–3 sprigs fresh flat-leaf parsley, roughly chopped
- 1 large, ripe tomato, grated
- 500 g minced lean, organic [beef](#)
- 2 tbsp olive oil
- ¼ cup (60 g) white rice
- Freshly milled sea salt to taste
- ½ tsp black pepper

METHOD

Top and tail zucchini, then, using a small spoon, remove and discard flesh from centre to create a hollow. Set aside.

Bring water to the boil in a large, heavy-based saucepan over high heat. Add carrot, celery, onion and olive oil, then reduce heat and simmer for 30 minutes.

Meanwhile, prepare the meat and rice filling by combining onion, parsley, tomato, mince, olive oil, rice, salt and pepper, and mixing well using your hands.

Fill zucchini shells with the meat and rice filling and gently place in boiling soup. Roll any leftover meat and rice filling into golf ball-sized meatballs and place in boiling soup.

Allow soup to simmer for a further 30 minutes, then season to taste, remove from heat and allow to cool slightly.

To make the egg and lemon sauce, beat eggs and lemon juice for one to two minutes using electric mixer.

Add one ladleful of the soup to the sauce and continue beating until well combined.

Slowly add the egg and lemon mixture to the soup, stirring constantly to prevent the egg from cooking. Serve immediately.

Recipe from *The Mediterranean Diet* by Dr Catherine Itsiopoulos, \$34.99

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