



Stuffed zucchini with buckwheat patties

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Ingredients

Stuffed zucchini:

- 250 grams of pork meat, ground
- 1 onion, cubed
- 2 tablespoons of worchester sauce
- 1 tomato, cubed
- 2 tablespoons of dried herbs (oregano, basil, mint, sage)
- dash of ground pepper
- 2 zucchinis, halved and hollowed

Buckwheat patties:

- 1 cup of cooked buckwheat
- 2 eggs, whisked
- 1/3 cup of grated cheese
- 1/2 cup of steamed broccoli, chopped
- 1 tomato, cubed
- dash of ground pepper
- 1 teaspoon of dried herbs

Instructions

1. Fry garlic and onion, till onion change colour, add tomato.
2. Add meat and fry till done. Sprinkle with herbs and pepper.
3. Fill zucchinis with meat filling and place in heatproof dish.
4. Bake in the oven for about 30 minutes in 160 C degrees.
5. Mix patties ingredients.

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6. Line a baking try with baking paper and place 2 tablespoons of mixture forming a patty.
 7. Bake 10 minutes in 160 C degrees.