



IMMANUEL  
DIAKONIE

# IMMANUEL.KOCHT

*vegan & vegetarian with Lutz Fohgrub*

ZUCCHINI WITH CARROT-CREAM CHEESE FILLING  
AND VEGETABLE COUSCOUS



• We wish you bon appetit! •

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## ZUCCHINI WITH CARROT-CREAM CHEESE FILLING AND VEGETABLE COUSCOUS

This dish is vegetarian, easy to prepare and serves four.

Can also be served with fresh tomato sauce.

### Ingredients for the vegetable couscous:

300 g	couscous	¼ bunch	fresh mint
350 ml	vegetable broth	½ bunch	fresh cilantro
50 g	green or French beans		Salt & ground black pepper
50 g	carrots		cinnamon
50 g	celeriac		sweet paprika
50 g	leek	<b>Ingredients for the stuffed zucchini:</b>	
50 g	red pepper	2	medium zucchini
1-2 tbsp.	olive oil	150 g	carrots
40 g	red lentils	120 g	cream cheese
1-2 cloves	garlic	80 g	grated Emmentaler cheese
20 g	fresh ginger	1 tbsp.	virgin olive oil
			Salt & orange pepper seasoning

### To Prepare

To prepare couscous, wash green beans, chop off ends, then cook for about 10 min in lightly salted water. Drain and rinse with cold water. Peel carrot and celeriac, dice finely. Slice leek into thin rings. Peel and dice garlic and ginger. Bring vegetable broth to a light boil. Pour couscous in bowl and stir in simmering vegetable broth, so that it doesn't clump. Boil red lentils for about 3 min in salt water, drain, and set aside. Heat olive oil in pan over light heat. Sauté garlic, ginger and celeriac lightly, without letting them brown. Add diced carrots, sliced leek, diced red pepper and green beans, one after the other. Season with salt, pepper and sweet paprika. Add couscous and cooked red lentils, mix well. Season with cinnamon to taste. Wash, shake dry, chop finely and add fresh mint and cilantro.

For the zucchini, heat oven to 160° Celsius. Use the convection setting. Peel and grate carrots. Wash zucchini and pat dry, then slice in half lengthwise. Lightly oil casserole dish with olive oil, add zucchini halves and salt lightly.

Mix cream cheese, grated carrots and grated Emmentaler cheese in a bowl. Distribute mixture onto the zucchini halves, lightly sprinkle with pepper orange seasoning. Bake at 160° Celsius for approx. 12 min.

### The Health Factor

Zucchini are rich in fiber, minerals, potassium, vitamins A and E, and healthy carbohydrates. Vegetable couscous is a quick, easy to digest dish and can be combined with a yogurt dressing to make a grain salad.

**Allergy sufferers please note:** contains gluten, lactose and celeriac.