

Zesty Zucchini

Recipe By Chanie Nayman



Cooking and Prep:  1
h 10 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Passover

Diet: Vegan, Gluten Free, Low Fat, Low Carb, Vegetarian, Pescetarian, Paleo

Source: Family Table by Mishpacha Magazine

Cuisines: Israeli

I created this dish this past Pesach when we had very few ingredients to work with, and it became a winner. I was planning on saving it till next Pesach to share with you all, but it fit in so well here, I decided to share it now. It's really delicious, and it has such a beautiful presentation. It's also a great way to get kids who love spicy foods to eat something green without them realizing it!

Ingredients (10)

Main ingredients

- 4 zucchinis, halved lengthwise
- 1 medium onion, diced
- 2 cloves garlic, minced or 2 cubes [Gefen Frozen Garlic](#)

- 2 tablespoons **Bartenura Olive Oil**
 - 4 ripe plum tomatoes, cubed
 - 1 green jalapeno pepper
 - 1/2 green pepper
 - 1 teaspoon salt
 - 1/8 teaspoon black pepper
 - dash hot sauce (*optional*)
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Start Cooking

Prepare Zucchini

1. For the *matbucha*: Sauté onion and garlic in olive oil for two to three minutes in a large skillet set over medium heat.
2. Add the remaining ingredients and lower heat to low.
3. Allow to cook for another 30–45 minutes, then remove from flame.
4. Turn oven on high broil or 400 degrees Fahrenheit (200 degrees Celsius) convection.
5. Scoop the seeds out of the zucchini halves and lay on a baking sheet.
6. Broil for 15 minutes or until the zucchini starts to turn golden brown.
7. Fill zucchini with *matbucha* before serving, or for Friday night, before placing on the hot plate.

Credits

Photography: Daniel Lailah

Styling: Amit Farber