

VEGAN FILET PIECES IN GRILLED ZUCCHINI BOATS

INGREDIENTS

🌱 2 SERVINGS

🕒 35 MIN

👤 INTERMEDIATE

1 pack Garden Gourmet Pieces
2 zucchinis
50g couscous
100g cherry tomatoes
1 cucumber
10ml lemon juice
2 tbsp olive oil
mint

Vegan Filet Pieces in Grilled Zucchini Boats is a delectable and visually stunning dish that combines tender vegan filet pieces with flavorful grilled zucchini boats. The vegan filet pieces provide a good source of plant-based protein, while the zucchini boats offer essential vitamins and minerals. It is a well-rounded and satisfying meal that will leave you feeling nourished and satisfied.

PREPARATION

1. Prepare the couscous

Prepare the couscous according to the instructions on the package.

2. Grill the zucchinis

Cut the zucchinis in half and cook on both sides with 1 tablespoon of olive oil over medium heat until golden brown and cooked, about 10 minutes on each side.

3. Prepare the filling

Cut the cherry tomatoes in half and the cucumber into small cubes. Mix the couscous with the cucumber, cherry tomatoes, chopped mint, and dress the salad with the lemon juice and a tablespoon of olive oil. Set aside.

4. Cook the Vegan Filet Pieces

Meanwhile, prepare the pieces according to the instructions on the package.

5. Assemble the boats and enjoy

Hollow out the zucchinis. Add the chopped zucchini pulp and the pieces to the salad. Mix well. Fill the zucchinis with the salad. Enjoy!

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