

# Moroccan Stuffed Zucchini Boats

**Prep Time** 20 mins

**Cook Time** 40 mins

**Total Time** 1 hr

Moroccan Stuffed Zucchini Boats - Moroccan spiced veggies with chickpeas and dried cherries | Gluten Free + Vegan

**Course:** Main Course

**Cuisine:** Moroccan

**Servings:** 5 people

**Calories:** 281 kcal per serve



## Ingredients

- 5 large zucchinis, washed and ends up off
- 1 tablespoon olive oil
- 1/2 white onion diced
- 1/2 teaspoon salt + more to taste
- 1 14 ounce can crushed tomatoes (preferably fire roasted)
- 1 teaspoon fresh ginger chopped
- 1 teaspoon fresh garlic crushed or chopped
- 1 medium carrot (about 6 inches long) peeled and diced
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon cinnamon powder
- 1 cup vegetable stock (250 ml) aim for a lower sodium stock
- 1 tablespoon brown sugar or coconut sugar
- 1 teaspoon red wine vinegar
- 1/4 cup dried cherries, chopped into small pieces
- 1 14 oz can chickpeas, liquid drained and chickpeas rinsed.

## Instructions

### Zucchini Prep

1. Cut each zucchini in half horizontally, then carefully scoop out the seeds, leaving about 1cm of zucchini on the skin. Place the scooped out insides into a medium sized bowl and gently pat with a paper towel to get rid of a bit of the excess water.

2. Preheat oven to 190°C. Line or grease baking sheet. Place each zucchini half onto the baking sheet, skin side down and set aside.

### **Filling Prep**

1. Heat the olive oil in a large skillet. When the oil is hot add the diced onion and salt and sauté until softened, about 5 minutes. Add the tomatoes, ginger, garlic and carrot to the pan. Stir.
2. Add the spices the vegetables and stir it all together, coating everything in spice. Add the stock, sugar and vinegar. Bring to a simmer, cover the pot with a fitted lid and let cook for 10 minutes. Taste and season with more salt as necessary.
3. Add the chopped cherries & chickpeas and stir to mix in well. Turn off the heat.
4. Spoon the chickpea filling carefully into each zucchini half, filling as much as you can. Transfer the baking sheet to the oven and cook for 20-25 minutes. When done the zucchini should be tender.
5. Let cook for about 5 minutes, sprinkle a little coriander over the top and enjoy!