



# STUFFED ZUCCHINI AND VINE LEAVES POT

A delicious timeless classic

**Nutrition facts Per 100 grams stuffed zucchini:** Calories 233, Protein 9g, Carbs 32g, Fat 8g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 5 min, **Cooking Time:** 105 min



## INGREDIENTS

Stuffed Zucchini  
Rolled stuffed Vine Leaves,  
Garlic, Tomatoes,  
Sunflower Oil, ME Spices,

Sauce Mix (including tomato  
paste and lemon juice),  
Dry Mint, Cumin, Safflower

# METHOD

1. Mix sauce with water (1 liter water for 1 plate of vine leaves). Place a ladle of the mixture in the bottom of a large pot.
2. Arrange sliced tomatoes in single layer over the sauce.
3. Add the zucchini then the vine leaves. Place the pot over the stove.
4. Pour the sauce over, then place a plate on top and weigh with something heavy and heat and waterproof (best material is food grade stone or ceramic, I use a stone pestle). Liquid should come to the top, if not add little water. Cover with lid.
5. Turn the heat on medium and bring to boil. Reduce heat to lowest and cook for 1 hour covered.
6. Remove cover, cook further for 45 minutes. Watch the liquid and do not allow to go dry. It is ok if liquid level goes down and sauce thickens (desirable actually) but it shouldn't dry out.
7. Check for softness, it should be well cooked but not entirely falling apart.
8. Take the pot from away from heat. Remove weight and plate.
9. Carefully remove the liquid to a suitable bowl. Reserve liquids to serve on the side. If desired, you can reduce in a sauce pan to desired thickness.
10. Rest pot for 5 minutes or so. Place a large serving dish on top of the pot and carefully turn the pot upside down on the dish. Be careful and use heat resistant mittens.
11. Serve immediately with cooking sauce on the side.