

# Salt cured zucchini stuffed with herbed tuna and anchovies

## Recipe for 12 Tapas

### Description

A simple recipe to enjoy on sunny days.

### Note

You can let your imagination go wild with the stuffing, the key ingredients to keep are the egg and the bread crumbs.

### Ingredients

#### Salt cured zucchini

- 4 Unit(s) Zucchini
- 150 Gr Coarse salt

#### Stuffing

- 2 Unit(s) Anchovy fillet
- 3 Tbsp Capers
- 2 Unit(s) Onion
- 4 Tbsp Japanese breadcrumbs (panko)
- 1 Bunch(es) Basil
- 1 Tbsp Olive oil
- 0.50 Cup(s) Grated parmesan
- 400 Gr Flaked light tuna
- 2 Unit(s) Egg

#### Garnish

- 200 Gr Swiss cheese

### Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

#### Zucchini

Cut the zucchini in half lengthwise, then scoop out the seeds using a spoon.

Sprinkle the cleaned zucchini with kosher salt, rub it in, and let sit for 2 hours, this will release liquid from the zucchini.

Rinse the zucchini with cold water and pat dry with a paper towel.

#### Stuffing

Dice the shallots, mince the basil and the capers, mix everything together.

Add the tuna, parmesan, eggs and bread crumbs and mix until you have a homogenous mixture.

Season with salt and pepper.

Reserve the mixture in the fridge until needed.

## Cooking

Place the zucchini on a baking tray lined with parchment paper.

Fill each one with the stuffing.

Sprinkle the zucchinis with the grated cheese.

Cook them in the oven for 15-20 minutes at 400°F.

**Bon appétit!**