

Garlic Prawn Zucchini Boats

Ingredients

Serves 4

- 4 large zucchini (halved lengthwise)
- 1 tbsp extra-virgin olive oil
- 1 tsp thyme leaves
- 2 tbsp butter
- 350g large prawn meat (tails removed)
- 2 tomatoes (chopped)
- 3 cloves garlic (minced)
- ¼ cup heavy cream
- ¼ cup grated parmesan
- Juice of ½ lemon
- 1 cup shredded mozzarella
- Freshly chopped parsley, for garnish



Method

Preheat oven to 180°

Scoop out insides of zucchini (keep to use later). Place zucchini boats in a large baking dish and drizzle all over with oil. Season with salt and pepper and sprinkle thyme leaves on top. Bake until tender, about 20 minutes.

Melt butter in a large skillet, over medium heat. Add prawns and season with salt and pepper. Cook until opaque and cooked through, 3 to 4 minutes. Remove from heat and when cool enough to handle, chop into bite-size pieces. Return prawns to skillet then stir in reserved zucchini, tomatoes, and garlic and cook until fragrant, about 1 minute. Add cream, Parmesan, and lemon juice, and cook until slightly reduced, 3 minutes. Fill zucchini boats with prawns mixture and top with mozzarella.

Return to oven and bake until cheese is bubbly, about 10 minutes. Garnish with more parmesan and parsley.