



Consorzio di Tutela della I.G.P. Riso Nano Vialone Veronese



Courgettes stuffed with Rice and Vegetables

Preparation: Wash the courgettes and cut off the ends; blanch them in salted water for 5 minutes. Drain and leave to cool; then cut them in half lengthwise and remove pulp delicately. Boil the rice in salted water, drain and transfer to a bowl, rinse and clean the pepper, dice and toss in a pan with crushed garlic, 3 spoonfuls oil, the chopped pulp of the courgettes and the peeled and chopped tomatoes. Cover the sauce with chopped parsley; season with salt and pepper and cook for about ten minutes on a moderate heat. When cooked, pour the vegetables into the container with the rice; add a handful of grated Parmesan cheese and mix carefully. Stuff the courgettes with the prepared mixture and lay them in a buttered oven dish. Sprinkle with the remaining oil and cook in the oven for 10 minutes at 200°C.

Ingredients (4 people)

- 50 g of Nano Vialone Veronese IGP Rice
- 4 average size courgettes
- 1 pepper
- 3 tomatoes
- 1 bunch parsley
- 1 clove garlic
- 5 spoonfuls extra virgin olive oil,
- Grated Parmesan cheese
- salt, pepper

Accompanying wine

LUGANA