


French Cuisine

MADE SIMPLE

French Baked Squash Farci

Farci de courgette au four

 3 people



20 mins prep time



60 mins total time



Medium

INGREDIENTS

This recipe is vague and open for your personal creativity.

Filling Prep

- Sauté options: onions, garlic, mushrooms, peppers
- Your favorite herbs and spices
- 1-2 cups of meat options: ground beef, turkey, chicken (meat is optional)
- 1 cup of your favorite shredded cheese
- 2 cups of precooked rice/quinoa/millet
- 3 round zucchini squash (or one per person)



DIRECTIONS

Squash Prep

1. Cut the very tops off of the round squash. Taking a spoon, core out the seeds from the squash.
2. Steam the rounds of the squash for about 15-20 minutes until its almost completely cooked. Remove from the steamer and set aside.

Filling Prep

1. Sauté your choice of “sauté options.”
2. Add your choice of meat, spices and cook together until fully cooked.
3. Add the desired amount of shredded cheese and cooked rice/quinoa/millet to the meat mixture and mix.

Putting it all together

1. Preheat the oven to 350 °F (180 °C).
2. Using a spoon, put the filling mixture in the steamed squash.
3. Gently pack down the filling mixture into the squash and top with shredded cheese.
4. Place on a baking sheet and cook in the oven for 10-15 minutes until cooked.
5. Top with some more cheese and serve with a side salad.
6. This farci refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 



