

Small stuffed zucchini, with confit duck legs, fresh thyme and tomatoes |

Recipe for 12 Tapas

Description

Small bites with south of France flavors, a nice and simple mix between South-West and Provence.

Note

For the stuffing, you could do it with ground meat or change the vegetables, that is entirely up to you!

Ingredients

For the small stuffed

- 2 Unit(s) Confit duck leg
- 3 Unit(s) Zucchini
- 4 Sprig(s) Thyme
- 300 Gr Italian tomatoes
- 200 Gr Red onion
- 2 Unit(s) Garlic
- 30 Ml Duck fat

- Salt and pepper
- Olive oil

Garnish

- 12 Dash(es) Balsamique caramel

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**

For the preparation

Finely chop the onion, the garlic and the thyme, empty the tomatoes and cut the flesh in small cubes. Remove the meat from the confit duck and chop it.

For the small stuffed zucchinis

Cut the zucchini in big slices, about 2 cm, then on one side empty the center, making sure not to go all the way through (2/3 depth roughly), place them on a baking tray with parchment paper, a nice drizzle of olive oil, salt and pepper, and cook them in a 400°F oven for 10 minutes.

For the duck stuffing

In a pan, melt the duck fat and sweat the onions, then add the garlic with the thyme, finally add the duck flesh and cook for another 2 to 3 minutes, finish by adding the tomatoes, and season to taste.

For the plating

Stuff the zucchini with the duck mix and flash them in the oven for 3 minutes, Then transfer to a serving tray or platter.

Drizzle some Balsamic glaze over before serving.

Bon appétit!