

Stuffed Courgette

I use round courgettes for this recipe but you could use long ones cut in half. I haven't given quantities for the ingredients as it will very much depend on the size of the courgettes. Just use your own judgement as the balance of ingredients can be adjusted to your own taste

Ingredients

- Courgettes
- Onion - chopped finely
- Red Pepper - diced
- Minced beef
- Clove of garlic - grated
- Mushrooms - chopped
- Tomato ketchup
- Basil - chopped
- Salt and pepper
- Fresh breadcrumbs
- Parmesan cheese - grated
- Sunflower oil to fry

Method

1. Cut the top off the courgette and also take a thin slice from the bottom so the courgette will stand without wobbling.
2. Place in an ovenproof dish
3. Scoop out the centre of the courgette leaving flesh to form a shell.
4. Add a small amount of sunflower oil to a pan and fry the chopped onions, red pepper and garlic until the onions are softened.
5. Add mushrooms and minced beef.
6. Cook until the beef is browned.
7. Add basil and ketchup.
8. Season to taste
9. Spoon filling into the courgette cups until the top of the filling is level with the top of the shell.
10. In a bowl combine the breadcrumbs and grated parmesan.
11. Pile on top of each filled courgette shell
12. Cook for about 30 minutes in oven at 180°F or Gas Mark 4



Variations

- There are many ways in which this recipe can be varied - different types of pepper including chilli peppers can be used in the filling.
- Different herbs can be used
- Passata or homemade tomato sauce could be used instead of tomato ketchup or you could add Worcestershire sauce.
- Parmesan could be substituted for a different cheese such as Mozzarella.