

Stuffed Courgettes



Pure classics, but stuffed courgettes are always gladly seen on the table. What I like most about stuffed courgettes is that you can have a different stuffing each time, so it is never-ending creativity.

INGREDIENTS : (for 4-5 bigger courgettes)

4 – 5 bigger courgettes

250 g of minced meat (at your choice)

150 g of mushrooms (canned)

200 g of corn (canned)

50 ml of tomato sauce

1 onion

$\frac{1}{2}$ red bell-pepper

$\frac{1}{2}$ yellow bell-pepper

200 g of grated cheese (for instance Gouda)

1 g of pepper

3 g of red pepper (spice)

7 g of Vegeta

3 g of salt

Oil (for frying)

PREPARATION :

1 . wash the courgettes, cut the edge on the side where there is the stem, halve them and hollow the inside ...

2 . chop the hollowed inside of the courgette ...

3 . clean the onion and pepper-bells, wash them and chop into tiny cubes...

4 . fry the onions on the preheated oil, add meat and all the spices and continue stewing till the meat changes its colour ...

5 . add tomato sauce, mushrooms and continue to stew for ca. 5 minutes...

6 . add the chopped courgette, add the pepper-bells and go on stewing for ca. 5 minutes ...

7 . Add the corn and stir everything well at the end...

8 . Oil big tray and line courgettes into the tray...

9 . Fill the courgettes with filling and strew them with grated cheese...

10 . put the courgettes into the oven pre-heated to 180 degrees for ca. 45-50 minutes...

NOTE AND ADVICE :

Baking time may vary due to courgette thickness.

Be careful that your courgettes do not crumble while baking...

If the courgettes fall in the baking tray, just even their bottom with a knife a bit, before you stuff them.



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