

# Cheesy stuffed courgettes

Makes 4 servings



## Ingredients (allergens in bold)

- 2 tablespoons vegetable oil
- 2 onions – peeled and thinly sliced
- 4 courgettes – trimmed and halved lengthways
- 100g reduced fat **Feta cheese** – crumbled
- 3 level teaspoons sunflower seeds
- 3 rounded tablespoons fresh chopped parsley
- 3 tablespoons reduced fat **Cheddar cheese** – grated

## Method

1. Heat the oven to 200°C/Gas 6.
2. Heat the oil in the saucepan. Add the sliced onions and fry gently until softened, but not browned. Remove from the pan and set aside in the mixing bowl to cool.
3. Half-fill the (clean) saucepan with water. When boiling, add the trimmed and halved courgettes. Cook for 3 minutes. Use tongs to lift the halves out of the water, drain and place on the baking tray.
4. With a teaspoon, hollow out the centre of each courgette half. Place the flesh and seeds in the bowl with the cooled onions. Add the sunflower seeds and mix.
5. With a teaspoon, half-fill each of the courgette halves with the onion and seed mixture. Crumble the Feta cheese evenly over each one.
6. In the (clean) bowl, mix the grated Cheddar cheese and parsley together. Sprinkle it over each filled courgette half.
7. Bake for 12 – 15 minutes until the cheese has melted and the tops are golden-brown.



## Equipment

- chopping board
- sharp knife
- saucepan
- wooden spoon
- cooking tongs
- mixing bowl
- teaspoon
- grater
- baking tray

## Recipe notes and tips

- Don't overcook the courgettes - they should just be blanched to make it easier for children to remove the seeds & flesh.
- This is a good recipe for using up gluts of courgettes.
- The filling can also be used to stuff other vegetables like marrows and peppers.
- Use a cheese like Edam to lower the fat content.