



Hazelnut Stuffed Courgettes

These are great either hot or cold as a vegetarian dish with salad, or as a vegetable with meat

2 courgettes

2 spring onions – finely sliced

50g hazelnuts

50g lemon & herb crust (from the Oven Roast Cod recipe)



1. Set the oven to 220C/425F/Gas7
2. Put the hazelnuts in a small roasting tin and toast in the oven until golden & the skins are flaking off. Remove from the oven, when cool enough to handle, rub the hazelnuts between your hands to remove some of the skins. Chop the hazelnuts coarsely and mix with the lemon & herb crust.
3. While the hazelnuts are toasting, cut the courgette in half, length ways and scoop out the middle of each half with a tea spoon. Place in an ovenproof dish and roast in the oven for 10min.
4. In a small pan, on a high heat, fry the scooped-out courgette centres with a little oil brown and reduce the water content. Add the spring onion, mix with the courgette and remove from the heat. Season well with salt and pepper.
5. Once the courgettes have had their 10min, remove from the oven, divide the spring onion mixture between the two halves and top with the hazelnut crumbs.
6. Return to the oven and bake for a further 10min.

Hints, Tips and Variations

Dairy free, vegetarian, vegan.

For gluten free, use gluten free breadcrumbs.

Try swapping the hazelnuts for walnuts, pecan nuts, almonds or pistachio nuts.

This recipe also works well with Portobello mushrooms or beef tomatoes instead of courgettes.