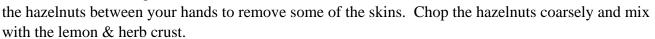


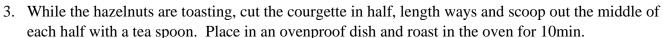
Hazelnut Stuffed Courgettes

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





- 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.

