






More Than Food
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Mushroom Stuffed Courgettes with Balsamic Tomatoes and Spinach

Stuffing one food into another food is somewhat of an obsession for us human-folk. Wherever you find yourself in the world, there's always SOMETHING stuffed on the menu. But we wonder where this obsession came from? We like to think that there was a boy called Bob and his mum said, "No Bob, you can't have any mushrooms—it's courgette night" and Bob defiantly hid the mushrooms inside the courgette. Hooray for this fictional Bob and his wonderful stuffing!

 40 mins

 veggie

 healthy



Courgette (2)



Echalion Shallot (1)



Garlic Clove (1)



Button Mushrooms
(1 punnet)



Cherry Tomatoes
(1 punnet)



Crème Fraîche
(1 small pot)



Panko Breadcrumbs
(2 tbsp)



Hard Italian Cheese
(2 tbsp)



Balsamic Vinegar
(1 tbsp)




Baby Spinach
(3 handfuls)



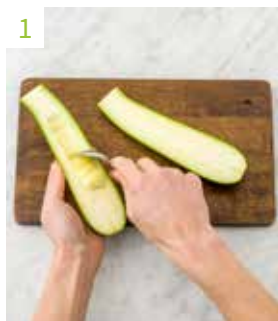
Munchy Seeds:
Pumpkin Power
(1 pouch)

Ingredients

	2 PEOPLE	ALLERGENS
Courgette, halved	2	
Echalion Shallot, chopped	1	
Garlic Clove, chopped	1	
Button Mushrooms, chopped	1 punnet	
Cherry Tomatoes, halved	1 punnet	
Crème Fraîche	1 small pot	Milk
Panko Breadcrumbs	2 tbsp	Gluten
Hard Italian Cheese	2 tbsp	Milk
Balsamic Vinegar	1 tbsp	Sulphites
Baby Spinach	3 handfuls	
Munchy Seeds: Pumpkin Power	1 pouch	Sesame, Soya

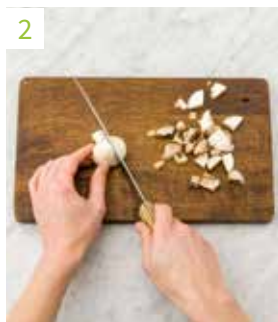
 Our produce comes fresh from the farm so give it a little wash before using

Nutrition per serving: Calories: 410 kcal | Protein: 15 g | Carbs: 31 g | Fat: 21 g | Saturated Fat: 16 g



1

1 Pre-heat your oven to 180 degrees. Cut your courgettes in half lengthways and scrape out the soft seedy middle with a spoon. Put your courgette 'boats' on a baking tray with a drizzle of olive oil and pop in the oven to cook for 15 mins, then remove and keep to the side. Turn your oven up to 200 degrees.



2

2 Meanwhile, peel and finely chop your shallot and garlic and chop your mushrooms into roughly 1cm pieces. Chop your cherry tomatoes in half.



3

3 Add 1 tbsp of olive oil to a frying pan on medium heat and add your shallot, cook for 3 mins before adding the garlic and cooking for a further minute. Add your mushrooms to the pan with ¼ tsp of salt and a good grind of pepper and cook for 5-7 mins or until all the liquid has been absorbed back into the mushrooms.



4

4 Take the pan off the heat, add your crème fraîche to the pan and stir through. Spoon your mushroom mixture equally into each courgette boat.

5 Mix your breadcrumbs and grated hard Italian cheese together and sprinkle the mixture on top of the stuffed courgettes. Grind over some black pepper, and put in the oven to cook for 15-20 mins or until the crusts are lovely and brown.

6 In the meantime, add your tomatoes to a separate baking tray, drizzle over half your balsamic vinegar, 1 tbsp of olive oil, ¼ tsp of salt and a good grind of pepper and put in the oven to cook for 8-10 mins.

7 While your courgettes and tomatoes are cooking, mix the rest of your balsamic vinegar with 1 tbsp of olive oil. Add this to your baby spinach and toss it together.

8 When the courgettes and tomatoes are cooked, get them out of the oven. Add your tomatoes along with any excess oil and balsamic from the baking tray to your spinach salad along with your munchy seeds and mix it together again. Serve your courgettes with the spinach salad on the side and enjoy!