



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 humans. 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.

 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 sachet)

## 2 PEOPLE INGREDIENTS

- Courgette, halved
- Echalion Shallot, chopped
- Garlic Clove, chopped
- Button Mushrooms, chopped
- Cherry Tomatoes, halved
- Crème Fraîche

- 2
- 1
- 1
- 1 punnet
- 1 punnet
- 1 small pot

- Panko Breadcrumbs
  - Hard Italian Cheese
  - Balsamic Vinegar
  - Baby Spinach
  - Munchy Seeds
- 2 tbsp
  - 2 tbsp
  - 1 tbsp
  - 3 handfuls
  - 1 sachet

 Our fruit and veggies may need a little wash before cooking!

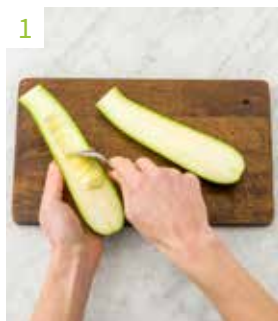
### Did you know...

Pumpkin seeds are the edible kernels of a pumpkin. Each pumpkin contains approximately 500 kernels!

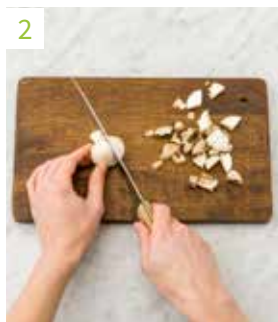
**Allergens:** Sulphites, Gluten, Milk, Sesame, Soya.

#### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	389 kcal / 1618 kJ	28 g	15 g	17 g	9 g	16 g	1 g
Per 100g	89 kcal / 370 kJ	6 g	3 g	4 g	2 g	4 g	0 g



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



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



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



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

**5** Mix the **panko breadcrumbs** and grated **hard Italian cheese** together and sprinkle the mixture on top of your stuffed **courgettes**. Grind over some **black pepper** and put in your 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 the **balsamic vinegar**, a splash of **olive oil**, a pinch of **salt** and a good grind of **black pepper** and put in your oven to cook for 8-10 mins.

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

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!