



STUFFED COURGETTES

with Balsamic Spinach & Tomato Salad



HELLO PANKO BREADCRUMBS

These Asian style breadcrumbs are larger and flakier than normal crumbs for a crispier finish.



Courgette



Echalion Shallot



Garlic Clove



Button Mushrooms



Cherry Tomatoes



Crème Fraîche



Panko Breadcrumbs



Hard Italian Cheese



Balsamic Vinegar



Baby Spinach



Sesame Sprinkles

40 mins

4 of your 5 a day

Veggie

The writer Shirley Conran famously opined that "Life is too short to stuff a mushroom." But what about stuffing a mushroom into a courgette? It really doesn't take long to make these cute courgette 'boats'. They're filled with a creamy mushroom stuffing and go great with a flavourful balsamic-dressed salad of spinach and roast cherry tomatoes. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **180°C**. Make sure you've got two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Frying Pan** and two **Mixing Bowls**. Now, let's get cooking!



1 PREP THE COURGETTES

Cut the **courgettes** in half lengthways and scrape out the seeds with a teaspoon. Put these 'boats' on a baking tray and drizzle over a little **olive oil**. Pop on the top shelf of your oven. Roast for 15 mins. Remove when done and turn the oven up to 200°C. Meanwhile, halve, peel and finely chop the **shallot**. Peel and grate the **garlic** (or use a garlic press). Chop the **mushrooms** into 1cm pieces. Cut the **cherry tomatoes** in half.



2 MAKE THE STUFFING

Put a splash of **olive oil** in a frying pan on medium heat. Add the **shallot**. Cook for 3 mins. Then add the **garlic**. Cook for a further minute. Add the **mushrooms** to the pan with a pinch of **salt** and a good grind of **black pepper**. Cook until all the liquid has been absorbed back into the **mushrooms**, 5-7 mins. Take the pan off the heat, add the **crème fraîche** and stir through.



3 STUFF THE COURGETTES

Divide the **mushroom** stuffing between the **courgette** 'boats'. In a bowl mix the **panko breadcrumbs** and **hard Italian cheese** together and sprinkle over the **stuffed courgettes**. Grind on some **black pepper**. Put on the top shelf of your oven and cook until browned around the edges, 15-20 mins.



4 ROAST THE TOMATOES

Put the **cherry tomatoes** on another baking tray. Drizzle over a little **oil** and half the **balsamic vinegar**. Season with a pinch of **salt** and a good grind of **black pepper**. Place on the middle shelf of your oven. Roast for 8-10 mins.



5 DRESS THE SPINACH

While the **courgettes** and **tomatoes** are cooking, put the rest of the **balsamic vinegar** in another mixing bowl with a good splash of **olive oil**. Add the **baby spinach** and toss to dress it.



6 FINISH AND SERVE

When your **courgettes** and **tomatoes** are cooked, take them out of the oven. Add the **tomatoes** to the **spinach**, along with any excess **oil** and **balsamic vinegar** from the baking tray. Finish with the **sesame sprinkles** and toss everything together. Serve your **stuffed courgettes** with some **spinach salad** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

| | |
|---------------------------|-------------|
| Courgette, halved | 2 |
| Echalion Shallot, chopped | 1 |
| Garlic Clove, grated | 1 |
| Button Mushrooms, chopped | 1 punnet |
| Cherry Tomatoes, halved | 1 punnet |
| Crème Fraîche 7) | 1 small pot |
| Panko Breadcrumbs 1) | 15g |
| Hard Italian Cheese 7) | 30g |
| Balsamic Vinegar 12) | 1 tbsps |
| Baby Spinach | 1 small bag |
| Sesame Sprinkles 6) 11) | 1 sachet |

*Not Included

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal) | 454 | 78 |
| (kJ) | 1887 | 325 |
| Fat (g) | 34 | 6 |
| Sat. Fat (g) | 15 | 3 |
| Carbohydrate (g) | 20 | 3 |
| Sugars (g) | 12 | 2 |
| Protein (g) | 18 | 3 |
| Salt (g) | 0.80 | 0.10 |

ALLERGENS

1)Gluten 6)Soya 7)Milk 11)Sesame 12)Sulphites

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

