

Courgette with chick pea and mushroom stuffing

Ingredients

4 good-sized courgettes (about 750g)

For the stuffing

50g/2oz butter

1 onion, peeled and chopped

2 cloves garlic, crushed

125g/4oz button mushrooms, wiped and sliced

1-2 tsp ground coriander

125g/4oz chick peas

Juice of ½ lemon

2 tbsp chopped fresh coriander

Freshly ground black pepper

Directions

Set the oven to 180 degrees C/350 degrees F. Wash the courgettes, then cut them in half lengthwise and scoop out the insides, leaving a shell. Arrange these in a buttered shallow casserole dish. Chop up the scooped out flesh. Melt the butter in a saucepan and fry the onion and garlic for 5 minutes, then add the chopped flesh and the sliced mushrooms and cook for a further 5 minutes. Mix in the ground coriander, the cooked and drained chick peas, lemon juice and fresh coriander. Season with ground pepper and pile the mixture in to the shells. Bake in the oven for 30 – 40 minutes until the courgettes are tender. They are nice served hot with a tomato sauce and some french beans.