

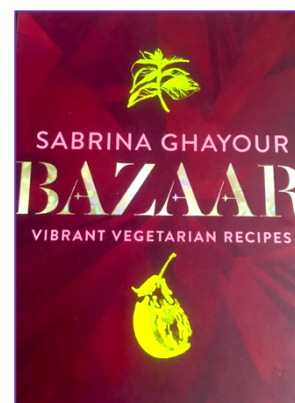
Stuffed Courgettes

Ingredients: (Serves 4)

100g bulgur wheat
4 large courgettes, halved lengthways
4 fat preserved lemons, finely chopped
1 small packet (30g) of flat leaf parsley, finely chopped
50g pine nuts
200g feta cheese, crumbled
1 teaspoon dried wild oregano
1 tablespoon garlic granules finely grated zest of 1 unwaxed lemon
Maldon sea salt flakes and freshly ground black pepper

Method:

1. Cook the bulgur wheat according to the packet instructions, then drain and rinse it in cold water. Leave to drain - you want it to be as dry as possible.
2. Preheat the oven to 240c (220c fan), Gas Mark 9. Line a large baking tray with baking paper.
3. Using a teaspoon, scoop out all the flesh from the courgette halves, being careful not to break the skins. Put the skins on the prepared baking tray. Finely chop the courgette flesh and put it into a large mixing bowl.
4. Add the preserved lemon, parsley, pine nuts, feta, oregano, garlic granules and lemon zest to the courgette flesh. Season with a little salt and a lot of pepper, then use your hands to mix until everything is well combined and the mixture feels moist. Divide the mixture into 8 portions. Heap one portion into one courgette skin and press down on the filling mixture to fill the cavity and compress it to really pack in the mixture. Repeat with the remaining portions of filling and courgette skins.
5. Bake for 20-25 minutes, or until the skins are soft and filling mixture is cooked through and browning on top. Serve immediately.



Anna says... This delicious recipe comes from Sabrina Ghayour's book... You can use cracked buckwheat instead of bulgur but be careful not to overcook it. I hollow out the courgettes then microwave the skins for a couple of minutes first.