

Cheesy Chicken Courgette Boats



Serves 4 Prep 10 mins

Cooking 50 mins

Easy

Ingredients

2 courgettes
1 tbsp olive oil
2 celery sticks, chopped
1 garlic clove, peeled and finely chopped (optional)
4 tomatoes, chopped
2 cooked chicken breasts, chopped
300ml cold water
2 tbsp chopped fresh basil, + leaves to garnish
100g Cheddar, grated
sea salt and black pepper
salad leaves to serve
large, flat oven tray

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Halve the courgettes lengthways and, using a teaspoon, scoop out the flesh to approximately 2 cm deep. Chop the flesh into small pieces and set aside.
2. In a large saucepan, heat the olive oil & sauté the celery & garlic (if using) for 5 mins, add the courgette pieces and cook for a further 2 mins. Stir in the tomatoes and chicken pieces, & cook for 5 mins. Add the water and bring to the boil, then simmer for 10 mins. Season with sea salt and black pepper, then add the basil. Meanwhile begin cooking the empty courgette shells in the oven for 10 mins.
3. Fill the courgette boats with the tomato mixture & top with the cheese. Bake for 20-30 mins until the cheese starts to turn golden. Serve with rice, garnished with basil.