

Courgette Stuffed Tomatoes



Serves 2 Prep 14 mins

Cooking 15 mins

Easy

Ingredients

2 medium courgettes
2 tablespoons olive oil
250g roughly chopped chestnut mushrooms
150g breadcrumbs
4 tablespoons ground almonds
100g soft goat's cheese (milchik) or non-dairy cream cheese substitute (parev)
50g pine nuts
Salt
Freshly ground black pepper
4 medium beef tomatoes

1. Preheat the oven to 180°C/ 160C Fan/Gas Mark 4.
2. Grate the courgettes. Place between kitchen paper and squeeze to remove any excess water.
3. Heat the olive oil in a large saucepan over a medium heat. Add the courgettes and mushrooms. Sauté for 3 mins. Drain off any liquid in the pan.
4. Transfer the mixture to a large bowl. Add the breadcrumbs, almonds, goat's cheese or cream cheese substitute and pine nuts. Generously season to taste.
5. Slice off the tops of the tomatoes. Scoop out and discard the cores and seeds.
6. Gently stuff the tomatoes with the courgette mixture. Place the tomato 'lids' back on top of the tomatoes.
7. Bake for 10-15 minutes or until the stuffing is golden brown.