

Greek Lamb-stuffed Courgettes



Serves 3

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

4 courgettes, halved lengthways
300g lamb mince
3 tbsp olive oil
1 onion, finely chopped
1 tsp ground cinnamon
1/2 tsp dried oregano
400g tin chopped tomatoes
80g raisins
50g pine nuts, toasted
small bunch parsley, finely chopped
100g feta, crumbled

1. Use a teaspoon or melon baller to hollow out the courgette halves, ensuring there is a 1cm border left. Finely chop the scooped-out courgette flesh.
2. Heat 2 tbsp of the olive oil in a non-stick frying pan over a medium-high heat and fry the lamb mince until really crisp. Turn down the heat and add the onion, courgette flesh and a pinch of salt. Cook gently for 10 mins or until softened. Add the cinnamon and the oregano, and cook for a few mins before tipping in the chopped tomatoes and simmering for 15 mins or until thickened. Season and stir in the raisins, pine nuts and parsley.
3. Heat the oven to 200C/ 180C Fan/ Gas 6. Microwave the courgette halves for 5 mins on high to soften the shells or bake, covered in the oven for 10 mins. Put the courgette halves onto a baking tray and fill with the lamb and tomato sauce. Crumble over the feta and drizzle over the remaining olive oil. Bake for 25-30 mins or until the courgettes are cooked through. Serve with a green salad.