

## Stuffed Courgettes



**Serves 2**

**Prep 20 mins**

**Cooking 1h 20 mins**

**Easy**

### Ingredients

2 courgettes

1 onion, finely diced

10g butter

1 tsp oregano or marjoram, finely chopped

1 slice bread, cubed

200g goat's cheese

1 tbsp sour cream

salt & freshly ground black pepper

beef tomatoes, halved and roasted, to serve

1. Preheat the oven to 200C/ 180C fan/ Gas 6.
2. Halve the courgettes lengthways, and scoop out the centres with a teaspoon. Chop the flesh roughly.
3. Put the halved courgettes in a baking tray and cover with foil. Bake for 40 minutes, until the courgettes are soft and pliable.
4. Meanwhile, sauté the onion gently in the butter, and add the insides of the courgettes and the herbs.
5. Crumble the goat's cheese, and blend with the sour cream. Stir into the onion mixture with the bread cubes and season with pepper.
6. Arrange the courgette halves in an oven-proof dish, and spoon in the filling. Bake in the oven until cooked through and golden, about 40 minutes. Add the halved tomatoes after 20 minutes. Serve with the roasted tomato halves.