THE LIGHTER PLATE METHOD

Stuffed Courgette Boats

Courgette 'boats' filled with a garlicky beef mince and baked until the tops turn golden.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**30 min**	**50 min**	**4**	**EASY**

Ingredients

- 3 tbsp olive oil
- 2 cloves garlic (crushed)
- 300 g beef mince
- 0.5 tsp dried oregano
- 0.5 lemon zest
- 3 medium courgettes (halved lengthways)
- 2 eggs

Method

1. Heat the oil in a pan and sauté the garlic, then add the mince and cook until well browned and crumbled.
2. Off the heat, season with salt, pepper, oregano and lemon zest.
3. Scoop out some of the flesh from the courgette halves to form boats, taking care not to pierce the skins. Chop the scooped flesh and mix it into the beef with the beaten eggs.
4. Fill the courgette boats, place in a baking dish, cover with foil and bake at 180°C (fan 160°C) for 20 minutes.
5. Remove the foil and bake until browned on top.

Tips & swaps

- A sprinkle of grated parmesan on top for the final few minutes is a good addition.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**20g**	**6g**	**17g**	**2g**

Estimated values, for guidance only. Contains: Egg.