



Courgettes

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

stuffed with ricotta

Courgettes

2 tomatoes (about 300 g), thinly sliced

Some salt

Some pepper

Some olive oil

3 courgettes (about 1 kg), halved and hollowed out, flesh set aside

Filling

scraped-out courgette flesh, coarsely chopped

100 g sun-dried tomatoes preserved in oil, drained, cut into strips

100 g black olives, pitted

1 clove of garlic, crushed

3 sprigs of flat-leaved parsley, chopped

3 sprigs of basil, chopped

250 g ricotta

Some salt

Some pepper

1 egg, beaten

50 g grated Parmesan

