Courgettes

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	15 Mins
Portions	4
Appliance	CombiSteamer V6000 PowerSteam from 2022

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

Courgettes

Spread the slices of tomato evenly in the porcelain dish, sprinkle with salt and pepper and drizzle olive oil over the top. Place the courgette halves, cut-side up, on top of the sliced tomatoes.

Filling

Combine all the ingredients up to and including the ricotta in a bowl and season with salt and pepper. Incorporate the beaten egg.

Stuff the courgette halves tightly with the filling. Sprinkle over the Parmesan.

Baking

Bake the courgettes in the hardened glass dish in the middle shelf position at 230 °C for 15 minutes using the Power hot air with steaming mode.

Cooking steps

Power hot air with steaming 230 °C for 15 Mins

Accessories

Hardened glass dish

2-litre porcelain dish

Additional information

Created on	05.09.2023