



STUFFED COURGETTES ON TOMATO SAUCE



QimiQ BENEFITS

- Quick and easy preparation
- Full creamy taste with less fat and cholesterol
- Problem-free reheating possible



25



easy

INGREDIENTS FOR 4 PORTIONS

4 Courgette(s)

FOR THE FILLING

125 g QimiQ Cream Base

200 g Minced beef

150 g Ebyl Tender Wheat, cooked

1 Egg white(s)

Salt and pepper

Marjoram

Thyme

1 tsp Flat-leaf parsley, finely chopped

2 tbsp Parmesan, grated

FOR THE SAUCE

125 g QimiQ Cream Base

1 Onion(s), finely chopped

1 tsp Olive oil

300 g Tomatoes, tinned, finely diced

50 ml Clear vegetable stock

Salt

Bay leaf

Basil

Oregano

Cayenne pepper

pinch(es) Sugar

METHOD

1. Preheat the oven to 200° C (conventional oven).
2. Halve and hollow the courgettes. Finely chop half of the scooped out courgette flesh.
3. For the filling, add the chopped courgette, minced meat, Ebyl Tender Wheat, egg white and seasoning to the QimiQ Sauce Base and mix well.
4. Fill the hollow courgettes with the filling and sprinkle with grated parmesan. Cover the bottom of an oven proof dish with water and place the courgettes into the water. Bake in the hot oven for approx. 30 minutes.
5. For the sauce, fry the onions in the olive oil until soft. Add the tomatoes, stock and seasoning and cook for a further 5 minutes. Season to taste with the sugar.
6. Refine with the QimiQ Sauce Base and serve.