



STUFFED GRILLED COURGETTES



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Bake stable
- Quick and easy preparation



15



easy

INGREDIENTS FOR 4 PORTIONS

100 g QimiQ Cream Base

2 Courgette(s)

2

pinches[prisen] Thyme

Salt and pepper, to taste

100 g Cheese, grated

METHOD

1. Cut the courgettes in half lengthwise. With a spoon, hollow out the courgettes. Finely chop the scooped out courgette flesh.
2. For the filling: mix the chopped courgette flesh with QimiQ Sauce Base and thyme. Season with salt and pepper.
3. Stuff the courgette halves with the filling and sprinkle with grated cheese. Place the courgettes into prepared aluminum foil boats and grill at medium heat for approx. 20 minutes.