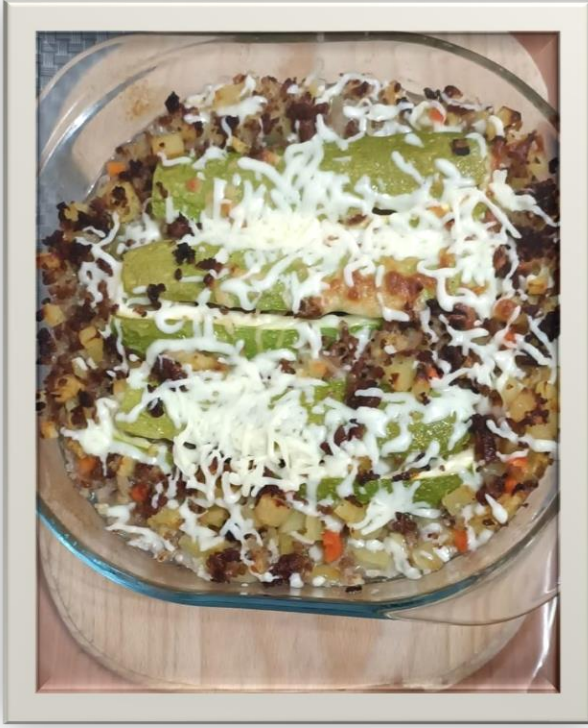


STUFFED COURGETTES



INGREDIENTS

6 courgettes
2 carrots
2 potatoes
¼ onion
200 g minced beef
Oil
salt

METHOD

To prepare the courgettes

CUT the lid of the courgettes

EMPTY them

COOK for five minutes

To prepare the filling

BOIL the potatoes and the carrots

MASH them

ADD the minced meet

MIX well

To finish the recipe

INSERT the mixture in the courgettes

HEAT the oven to 180 degrees Celsius

COOK in the oven for 30 minutes