Stuffed Zucchini

Ingredients

- 2 large courgettes (zucchini), halved lengthwise
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium tomato, diced
- 100g cooked quinoa or rice
- 50g feta cheese, crumbled (or grated cheddar for a milder flavour)
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- ½ tsp dried oregano
- Salt & black pepper, to taste
- 25g breadcrumbs (optional, for topping)

Directions

1. Preheat the oven to 190°C (170°C fan/gas mark 5).
2. Scoop out the flesh from the courgette halves, leaving a border around the edges.
3. Chop the scooped-out flesh and set aside.
4. Heat olive oil in a pan over medium heat.
5. Sauté the onion and garlic until soft. Add the chopped courgette flesh and diced tomato, cooking for 3–4 minutes.
6. Stir in the cooked quinoa (or rice), feta cheese, parsley, basil, oregano, salt, and pepper. Mix well and remove from heat.
7. Place the hollowed courgettes on a baking tray.
8. Spoon the filling into each half, pressing down gently.
9. Sprinkle with breadcrumbs if using.
10. Bake for 20–25 minutes until golden and tender.
11. Let cool slightly before serving. Garnish with extra fresh herbs if desired.