

# Stuffed Courgette

3 Large courgettes  
1/2 Red onion  
1/2 Red pepper  
1/2 Yellow pepper  
25g Butter  
Salt and pepper



Vegetable chopping board  
Frying pan  
Baking tray  
Vegetable knife  
Spoon



Preheat oven to 160c. Cut courgette into 3 sections then cut each section at an angle into 2 equal pieces. Stand on it's base and hollow out each piece using the spoon.

Finely dice the onion and peppers then fry in a little butter on low heat until soft. Season.

Season inside the courgette, place on baking tray then fill each courgette. Brush with melted butter and bake for 10 mins until hot and courgette is just tender.