

# Courgettes stuffed with **Flaked Sardine, Lemon, Olives and Almonds**



2 people

20 min preparation time

5 min cooking time

## All ingredients

- 1 tin of 80g** of la belle-iloise Flaked Sardines, Lemon, Olive and Almond
- 2 small** courgettes
- 1 small** tomato
- 1** hard-boiled egg
- 50g** cream cheese spread
- 4** basil leaves
- Salt and pepper
- 2** basil leaves

## Steps

- 1- Wash the courgettes and cut off the ends
- 2- Bring the salted water to the boil and immerse the courgettes in it for around 5 mins
- 3- Check that the courgettes are cooked by gently pricking them with the tip of a knife to keep them firm
- 4- When they are cooked, arrange them on a dish
- 5- Cut the courgettes in half lengthways and scoop out the flesh with a small spoon. Leave to cool
- 6- Mash the hard-boiled egg and mix with the lemon, olive and almond sardine crumble, fromage frais and diced tomato. Season to taste with salt and pepper
- 7- Stuff the courgettes with the mixture, add the basil leaves and chill for 20 minutes
- 8- Serve the stuffed courgettes with lamb's lettuce and slices of toasted bread