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