Mini **Tuna**-stuffed vegetables





6 people | 15 min preparation time | 10-15 min cooking time

All ingredients

1 tin of 80g la belle-iloise Luzienne flaked tuna
1 tin of 80g la belle-iloise Zanzibar flaked tuna
1 tin of 80g la belle-iloise Marie-Galante flaked tuna
115g cream cheese
6 small tomatoes
3 small firm-fleshed potatoes
1 courgette
6 large Paris mushrooms
Vinegar

Steps

1- Cook the potatoes in their skins, cut in half lengthwise, scoop some of the potato out
2- Cook the mushrooms without their stems for approximately 5 minutes in salted water with a dash of vinegar
3- Cut the courgettes into 2 cm thick slices, cook for 7 minutes in salted water and scoop out the insides
4- Slice the top off the tomatoes and scoop out the insides
5- Place a teaspoon of cream cheese in each vegetable
6- Cover with a generous teaspoon of flaked tuna
7- Put the tops back on the tomatoes
8- Place the vegetables in an oiled dish
9- Bake in a hot oven at 210 °C (gas mark 7) for 10 to 15 minutes
10- Serve immediately