

Courgettes with ricotta, served with tomato sauce

Ingredients:

4 medium courgettes
100g (4oz) ricotta
2 tbsps olive oil
1 garlic clove, crushed
2 peeled shallots, finely chopped
1 tbspn freshly grated parmesan cheese
2 tbsps white breadcrumbs
1 tbspn basil
seasoning

Sauce:

2 tbsps olive oil
2 cloves garlic
half an onion
6 fresh tomatoes
1 celery leaf

Method:

Cut the courgettes in half, scoop out the flesh with a knife or spoon, to make boat shapes. Keep the flesh and chop or mince it.

In a pan, sweat the shallots and garlic slowly in the oil, then add the courgette flesh. Cook for 6-7 minutes, then leave to cool. Mix into it the ricotta, parmesan, breadcrumbs and basil. Season to taste. Fill the courgette boats with this mixture then bake in the oven at 180C/350F/Gas 5 for about 30 minutes.

To make the sauce, gently fry 2 cloves of garlic and half an onion, finely chopped, in 2 tbsps olive oil.

Remove the seeds and skin from the tomatoes.

Finely chop them and add to the onions, with the chopped celery leaf. Cook over a high heat so that the tomatoes sweat their water. It is ready when the sauce has reduced.