

Vegetarian classic: Baked Courgettes



I was 12 years old when I made it official to my family that I'm a vegetarian (...who eats fish). Even before that moment, I never liked meat (in all its variants). Thus, I don't believe it came as a big shock. Nevertheless, my parents reacted the first years a bit..., well desperate. Admittedly, it was a slightly complicated situation with a father who adored meat and a brother who ate no vegetables or fruits at all back then. It didn't take long until my mother came home with two recipes in her hands a friend of her gave her. They were the very first simple vegetarian dishes I knew and are still classics in my kitchen. One of them are the *baked courgettes with corn and nuts*. They are hearty and fresh at the same time, easy to prepare, don't require many ingredients... what else can my vegetarian heart crave for?!

Preparation:

Ingredients: serves 2

1 large courgette, 1 onion (peeled and minced), 1 TblSp olive oil, 100g tinned corn, 100g grated cheese, 50 g chopped nuts (walnuts, pine seeds...)

Preparation:

Wash and half the courgette. With a big spoon, whole out each courgette half (save and chop the inner parts). Cook the outer shells for 2 minutes in water. Heat the olive oil in a small pot, add courgette flesh, corn and onion; cook for 5 minutes. Add the rest of the ingredients (cheese, walnuts) and mix with a wooden spoon. Put the courgette shells into an ovenproof dish, fill the inner parts with corn-cheese-courgette mixture and bake at 190°C for 30 min.

Enjoy!