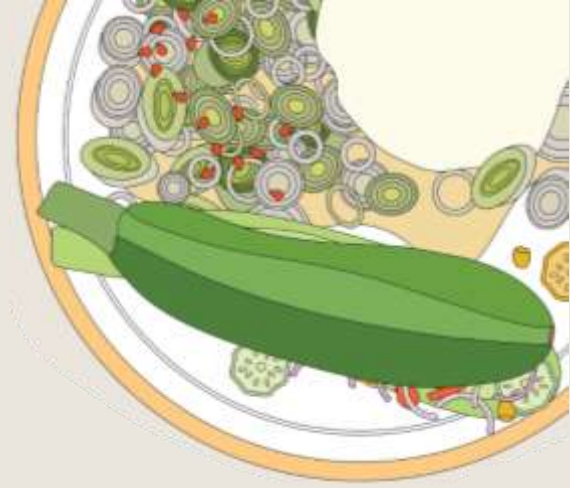


Stuffed Courgette on a Bed of Leeks with Potato Purée

Serves 4

Approximate preparation time: 45-50 minutes



| Quantity | Ingredients | Preparation |
|---------------------------|--------------------|---|
| Stuffed courgettes | | |
| 110 g | sweet corn | Chop the pistachios and hazelnut, and roast briefly in a pan. Cut the courgettes in half lengthwise and hollow out. Steam the courgette halves for approx. 2 min. Cut the flesh from courgettes and the sweet peppers into small pieces, mix with the corn, add pressed garlic, season and sauté in olive oil. Add the sautéed vegetables to the courgette halves, add a knob of butter and sprinkle with parmesan flakes. Bake for about 20 minutes at 200° C, serve sprinkled with the chopped pistachios and hazelnuts. |
| 14 g | hazelnuts | |
| 380 g | organic courgettes | |
| 1 | onion (small) | |
| 1/3 | green pepper | |
| 1/3 | red pepper | |
| 2 pinches | pepper | |
| 1 clove | garlic | |
| 1 tbsp | olive oil | |
| 1 tbsp | butter | |
| 1 tsp | salt | |
| 30 g | Parmesan | |
| 14 g | pistachios | |
| Bed of leeks | | |
| 3 pinches | pepper | Peel the pomegranate and knock out the seeds. Thinly slice the leek and onion. Sauté leek and onion in olive oil, season, add water and butter and simmer. Remove from heat and add low fat quark. Serve sprinkled with pomegranate seeds. |
| 260 g | leeks | |
| 80 g | low-fat quark | |
| 20 g | fresh pomegranate | |
| 1 tsp | butter | |
| 1 | onion (small) | |
| 60 ml | water | |
| 3 g | salt | |
| 2 tbsp | olive oil | |
| Mashed Potato | | |
| 4 g | salt | Bring salted water to the boil and remove from heat. Stir in the mashed potato powder until everything has dissolved and set aside in a covered pan. Refine as desired. |

Fun fact:

Aubergine and pumpkin are also ideal for stuffing.