



## Baked courgettes stuffed with spiced lamb & tomato sauce



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

### Ingredients

- ☐ 4 large zucchini halved
- ☐ 1 tbsp olive oil
- ☐ 1 small handful cilantro leaves
- ☐ 500 g ground lamb lean minced
- ☐ 2 tsp ground cumin
- ☐ 1 tsp ground pepper
- ☐ 4 garlic clove crushed

- ☐ 1 tsp ground pepper
- ☐ 800 g canned tomatoes chopped canned
- ☐ 2 tsp sugar

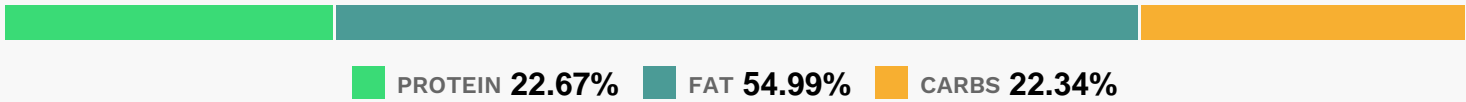
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Make the tomato sauce in a medium pan by heating the oil and frying the garlic for 2–3 mins until soft, then adding the spices and frying for 1 min more.
- ☐ Pour in the tomatoes and sugar and simmer with half a tin of water for 20 mins, until thickened. Season.
- ☐ Meanwhile, scoop out and discard some of the flesh of the courgettes and lay them in 1 large or 2 small roasting trays, drizzle with the oil and bake for 15 mins until golden and softened slightly.
- ☐ For the stuffing, mix the lamb with the spices and some salt. Try not to squash it together too much, instead lightly mix it with your hands until just combined. When the courgettes are ready, pile the lamb into the cavities and drizzle on the sauce.
- ☐ Bake for 15–20 mins until the sauce is bubbling. Top with the coriander and serve.

## Nutrition Facts



## Properties

Glycemic Index:63.52, Glycemic Load:6.97, Inflammation Score:-9, Nutrition Score:25.73434779955%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 488kcal (24.4%), Fat: 31.39g (48.29%), Saturated Fat: 13.29g (83.06%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 21.23g (7.72%), Sugar: 19.13g (21.25%), Cholesterol: 91.25mg (30.42%), Sodium: 389.1mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Vitamin C: 78.19mg (94.77%), Manganese: 1.04mg (52.18%), Vitamin B6: 0.89mg (44.58%), Potassium: 1482.35mg (42.35%), Iron: 6.38mg (35.45%), Vitamin A: 1530.94IU (30.62%), Fiber: 7.47g (29.88%), Vitamin K: 30.52µg (29.07%), Copper: 0.56mg (28.03%), Folate: 105.28µg (26.32%), Magnesium: 104.18mg (26.04%), Vitamin B2: 0.42mg (24.97%), Vitamin E: 3.72mg (24.81%), Vitamin B1: 0.31mg (20.75%), Vitamin B3: 4.06mg (20.28%), Phosphorus: 199.44mg (19.94%), Calcium: 147.73mg (14.77%), Vitamin B5: 1.24mg (12.39%), Zinc: 1.68mg (11.23%), Selenium: 2.42µg (3.46%)