

Filled Courgette Rolls *(recipe for 2 - 3 people)*



Ingredients Courgette Rolls:

- 2 medium courgettes, washed
- 100 grams white cheese
- ½ egg (or 1 small egg)
- 50-60 grams Parmesan (you can also use mozzarella)
- 1 tsp dried basil
- Olive oil
- salt

Ingredients Marinara Sauce:

- 400 ml passata (from a carton)
- 2 big ripe tomatoes, skinless and diced
- 1-2 garlic cloves
- 1 tsp salt
- ½ tsp pepper
- 1 ½ tbsp white sugar
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried chili flakes
- 2-3 tbsp cream cheese spread
- 1-2 tbsp olive oil

Instructions:

1. Preheat the oven to 200 Celsius.
2. Put the olive oil in a pan and fry the garlic until caramelized, not brown!
3. Add the passata, fresh tomatoes, sugar, and herbs and mix it through.
4. Let it simmer for 20 - 30 minutes. Add the cream cheese spread and mix it through. Simmer for 5-10 more minutes until it's a bit thicker.



5. In the meantime, slice every courgette into 4 even slices. Make sure to slice a bit of the outsides so they won't roll over. Put them on a tray with baking paper and drizzle some olive oil and salt over each side.



6. Put them in the oven for about 15 minutes until soft. Take them out and let them cool off a bit.
7. Put the white cheese, egg, basil, parmesan (about 40 grams) and salt into a separate bowl and mix it together with a spatula or fork.



8. Use a medium sized oven dish. Cover the bottom with marinara sauce.
9. Fill each slice of courgette with a teaspoon of the mixture, roll it up, and put them into the oven dish.



10. Sprinkle some parmesan on the top, and put it into the oven for about 20 minutes or until the cheese has melted.



11. Serve it with my Italian Couscous. (you can find the recipe on my website), and enjoy!