KIKKOMAN

Baked courgette with prawn stuffing and panko crust

Total time **45 mins** **10 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
1,651 kJ / 393 kcal

Fat: **24.8 g** Protein: **19.8 g**
Carbohydrates: **19.7 g**

INGREDIENTS

4 portion(s)

4	courgettes
0.5 bunch	of parsley
100 g	cherry tomatoes
1	onion
2 tbsp	olive oil
200 g	ready-to-cook prawns
2 tsp	flour
200 g	cream (or oat milk)
3.5 tbsp	Kikkoman Sauce for Rice - sweet
	freshly ground pepper
	sweet ground paprika
40 g	Kikkoman Panko - Japanese style crispy bread crumbs
40 g	parmesan cheese, grated

PREPARATION

Step 1

Wash and top and tail the courgettes, slice them lengthways and scoop out some of the flesh until they are approx. 0.5 cm thick. Dice the courgette flesh that you have removed. Wash the parsley, dab dry, pluck off the leaves and chop roughly. Wash and quarter the cherry tomatoes.

Step 2

Peel and dice the onions. Heat the oil in a pan, add the onions, prawns, tomatoes and diced courgette and fry. Dust with flour and lightly sauté. Add the cream and Sauce for Rice/ Sucrée (or the soy sauce and sugar), bring to the boil and reduce slightly. Add half of the parsley and season to taste with pepper and paprika.

Step 3

Pre-heat the oven to 200 (180 fan). Spoon the mixture into the courgette halves and place them on a baking tray. Mix together the panko breadcrumbs, parmesan and a little paprika, sprinkle over the courgettes and bake in a preheated oven for approx. 20-25 minutes.

Step 4

Sprinkle the stuffed courgettes with the remaining parsley and serve.