



Fat	Protein	Free Veg
½	2	2

Spiced Lamb Courgette Boats

This is a simple dish with big flavours that comes together quickly, which is always welcome come dinnertime when you're short on time. The lamb filling can even be made ahead of time and the courgette stuffed right before serving.

You can try this healthy recipe for dinner or alternatively cut them into bite-sized pieces for a party, your friends will be glad you shared!!

Ingredients

For the tomato sauce

- 1 tbsp of olive oil
- 4 garlic cloves, crushed
- 1 tsp cayenne pepper
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp sugar substitute, stevia
- 400g of chopped tomatoes
- 200 ml of beef stock

For the courgettes

- 4 small courgettes, halved length ways
- low cal spray
- Small handful of coriander leaves
- 240g of lean lamb mince
- 2 tsp of cumin and coriander
- 1 tsp cinnamon
- 1 tsp of cayenne pepper
- Salt and black pepper

To serve

- Natural yogurt
- 1-2 fresh mint chopped

Directions

1. Preheat oven to 220 degrees, gas mark 7
2. First, make the tomato sauce. Heat the oil in a pan over a low heat and cook the garlic for 2-3 minutes. Add the spices and cook for another minute
3. Add the stevia, tomatoes and beef stock and simmer for 20 minutes until thickened, then season to taste.
4. Meanwhile, scoop out some of the courgette flesh and add to the tomato sauce. Place the courgettes in a roasting tray, drizzle them with oil (or low cal spray) and bake for 15 minutes until golden.
5. In a bowl, combine the lamb with the spices and season with salt and pepper.
6. When the courgettes are ready, pile the lamb into the cavities and top with some of the tomato sauce. Bake for 20 minutes until the lamb is thoroughly cooked and the sauce is bubbling. Drizzle with a little natural yogurt, scatter with chopped mint and serve.