

Cheesy baked courgettes

4 courgettes, halved lengthways

250g tub ricotta

zest 1 lemon

1 chilli, deseeded and finely chopped

handful chopped herbs, such as mint, parsley and basil

4 tbsp dried breadcrumbs

Method

Heat oven to 200C/180C fan/gas 6. Use a teaspoon to scoop the seeds from the middle of each courgette half, then place them in a large baking tray.

Mix together the ricotta, zest, chilli and herbs, and season with salt and pepper. Pile the stuffing into the courgettes and top with breadcrumbs. Bake for 35 mins until the courgettes are tender and the topping is golden and crisp.