

Stuffed Courgettes



Ingredients for 4 people:

250 gr minced beef

2 spoons of rice

4 courgettes large enough

2-3 dry onions

Grated dried mint

Staffed courgettes

Parsley

Water

Salt

Pepper

2 spoons of olive oil

The sauce

1 egg

The juice of 2 lemons

2-3 drops of water

Take the courgette, cut the top (lid) and remove the insides using a small spoon being careful, not to hurt

Once you prepare the filling start filling the courgette, after salting the inside with our finger. Do not fill th

When the courgettes are cooked we move on to the sauce, called “avgolemono”, a mixture of egg and le