

# Courgettes with Chickpea Saute

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*Courgettes are hollowed out and stuffed with a mixture of courgette, onion, garlic, mushrooms, chickpeas, lemon juice, dried herbs and fresh parsley. Serve with sweet potato chips for an incredibly healthy yet delicious dinner.*

## Ingredients:

4 courgettes  
1 onion  
2 cloves garlic  
150g mushrooms  
1 400g tin chickpeas, drained  
1 tbsp. oil  
1 tsp. dried herbs  
Small handful freshly chopped parsley  
1/2 juiced lemon  
Salt and pepper

## Directions:

1. Preheat the oven to 180C.
2. Scoop out the flesh of the courgette and roughly chop. Set to one side. Finely chop the onion and the mushrooms and mince the garlic cloves.
3. Heat the oil until hot. Fry the onion until soft, then add the mushrooms, chickpeas, garlic and the chopped courgette, then fry for another five minutes. Stir in the dried herbs, parsley and lemon, then season well.
4. Spoon the mixture into the hollowed out courgette shells. Place onto a baking tray and bake for 30 to 40 minutes, until the filling is tender.

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