



Courgette soufflé with basil creme

2h 20 min 

2 

4-6 

40 min at 170° C (335° F) Gas Mark 3 

Ingredients

4 rather large courgettes, 500 gr. (1 lb. 1 oz.) of tomatoes, 1 onion, salt and pepper, olive oil as requires, 50 gr. of Schär Bread crumbs.

Ingredients for the cheese sauce . 200 gr. (4 oz.) of curd cheese, 50 gr. (2 oz.) of parmesan cheese, 1 egg, 1 glass of milk, 10 to 12 fresh basil leaves.

Method

Slice the courgettes vertically in rather large slices and place in boiling, salted water for one minute.

Preparation of the sauce: Slice the onion, peel the tomatoes and cut them into slices and place in a pan with the onion, oil, salt and pepper. Cook for 10 minutes.

Preparation of the cheese sauce: Place the basil, egg, curd cheese, parmesan cheese and salt into a food blender and blend well. Grease an oven-proof bowl and lay a layer of courgettes on it. Cover these with the tomato sauce; repeat this process until al the ingredients have been used up,. Cover the final layer with the cheese crème and sprinkle with basil and parmesan cheese. Bake in a preheated oven

