

Mini **tuna**-stuffed vegetables



6 people

15 min preparation time

10-15 min cooking time

All ingredients

1 tin of 80 g la belle-iloise Luzienne flaked tuna
1 tin of 80 g la belle-iloise Zanzibar flaked tuna
1 tin of 80 g la belle-iloise Marie-Galante flaked tuna
115 g cream cheese
6 small tomatoes
3 small firm-fleshed potatoes
1 courgette
6 large Paris mushrooms
Vinegar

Steps

- 1- Cook the potatoes in their skins, cut in half lengthwise, scoop some of the potato out
- 2- Cook the mushrooms without their stems for approximately 5 minutes in salted water with a dash of vinegar
- 3- Cut the courgettes into 2 cm thick slices, cook for 7 minutes in salted water and scoop out the insides
- 4- Slice the top off the tomatoes and scoop out the insides
- 5- Place a teaspoon of cream cheese in each vegetable
- 6- Cover with a generous teaspoon of flaked tuna
- 7- Put the tops back on the tomatoes
- 8- Place the vegetables in an oiled dish
- 9- Bake in a hot oven at 210 °C (gas mark 7) for 10 to 15 minutes
- 10- Serve immediately