

# STUFFED VEGETABLES



## INGREDIENTS

- 1 small zucchini
- 1 red capsicum
- 50g cooked ham
- 50g cooked chicken
- 1 hard boiled egg, chopped
- Mayonnaise

## EQUIPMENT

- Melon baller
- Salad knife
- Cutting board

## TOP TIPS

These are good served as a snack, or a starter. Garnish with lemon wedges and herbs for a lovely presentation.

## METHOD

For the Fillings:

1. Combine a teaspoon of mayonnaise with the cooked ham.
2. Combine a teaspoon of the mayonnaise with the cooked chicken.
3. Combine a teaspoon of mayonnaise with the chopped boiled egg.
4. If you think you would like to use more mayonnaise than this that's fine this is only a guide.

Vegetables:

1. Take the small zucchini and slice into half inch thick rounds.
2. Use the melon baller to scoop out a hole, but be careful not to make a hole in the bottom or your filling will fall out!
3. Cut the capsicum into quarters. Remove the white pith and seeds.
4. Depending on the size of the capsicum cut again into small boat shapes which will hold the filling but still be bite sized.
5. Fill each prepared vegetable individually with one of the fillings chopped cooked chicken, ham or boiled egg. Serve.

