



Shopping List

12 fresh white onions

12 small courgettes

12 medium tomatoes

Parsley

Basil

Olive oil

2 slices of bread (from a tin loaf) or
an equivalent amount of bread,

crusts removed

1 glass of milk

(warmed slightly)



2 eggs

15g breadcrumbs to sprinkle on top

Salt and pepper

30g grated gruyère (optional)

- Option with a vegetable stuffing:

Add 2 onions, 2 tomatoes, 2 aubergines and 2 courgettes.

- Option with a meat stuffing:

500g cooked ham, minced.

