

# PaediaSure Shake

Balanced nutrition for the fussy eating phase



# COURGETTE PIZZA BOATS

MAKES: 4

## Ingredients

- 2 large courgettes
- 200g cherry tomatoes – sliced in half
- 1 tbsp tomato purée
- 50g Parmesan cheese – shaved or grated
- Olive oil to drizzle

## Method

1. Pre-heat oven to 200°C.
2. Remove the ends of the courgettes, cut in half lengthways and scoop out the seeds.
3. Spread a light layer of tomato purée inside each courgette.
4. Fill with cherry tomatoes – seed side up.
5. Generously sprinkle with Parmesan cheese.
6. Place on a baking tray and cook for 15 – 20 minutes.
7. Drizzle olive oil over to finish.

### TIP:

You can experiment with the ingredients depending on your little ones' tastes – such as using pesto for the base or cheddar cheese for the topping.