



# Squash Blossoms Stuffed with Cheese and Ras el Hanout

## Ingredients:

A dozen squash blossoms (or zucchini blossoms), washed and dried well

¼ cup Spring onions or scallions

½ cup Aged gouda or other cheese

½ cup Bread crumbs

1 tsp Moroccan Ras el hanout

½ tsp pepper flakes

½ lime

½ cup Flour

1 egg, beaten

½ cup Breadcrumbs or panko

## Instructions:

1 - Sauté spring onion or scallion in olive oil until soft. Cool.

2 - Mix breadcrumbs, cheese, onions, pepper flakes, a squeeze of lime and ras el hanout. Season with salt as preferred.

3 - Stuff each blossom with 1 teaspoon stuffing mixture. Twist top of blossom to close.

4 - Dip stuffed blossom in a bowl of flour, then in another bowl of beaten egg, then a third bowl of breadcrumbs or panko.

5 - Shallow fry blossom in medium hot oil on each side for 1 minute until golden brown.

6 - Serve with a fresh salsa or yoghurt mint sauce.

**Spices Used:** Ras el Hanout

**Prep Time:** 15 mins

**Cook Time:** 7 mins