

Stuffed Chayote or Christophene

- 2 chayotes
- 1 tbsp butter
- 1 spring onion, chopped
- 2 slices of fresh white bread, trimmed and whizzed into crumbs
- 1/4 tsp grated nutmeg
- 1 tsp Iguana Gold Island Pepper Sauce
- 75g / 3/4 cup grated cheddar cheese
- Salt and Pepper

Cut the Chayotes in two lengthways, place in a pot of boiling, salted water and cook until tender. Remove from the heat, drain and leave to cool. Saute the chopped spring onion in butter until softened. Then add the breadcrumbs and fry until brown. Scoop the seed and coarse centre vein out of the chayotes and discard. Scoop out the rest of the flesh and add to the breadcrumb mixture. Make sure not to damage the skin as you will need to stuff it. Keeping the mixture on a low heat, mix in the nutmeg, hot sauce and salt and pepper to taste. Add half of the cheese and mix well. Stuff the chayote shells with the warm mix and top with the rest of the cheese. Place under a hot grill until cheese starts to brown. Serve hot.