Fennel Rice stuffing for fish, chicken or courgettes

This stuffing can be used to fill 4 fish prior to grilling, a large roasting chicken or courgette halves with the seeds hollowed out, stuffed and baked in the oven until tender.

- 1 large onion
- 50 g butter
- 2 tbs chopped fennel leaves
- 1 tbs chopped lovage leaves
- 125 g brown rice - cooked until just tender
- 1 large egg - beaten
- salt and freshly ground black pepper

Melt the butter in a small pan over a gentle heat and soften the finely chopped onion for about 10 minutes but do not allow to brown. Stir in the rest of the ingredients and mix gently, season to taste.