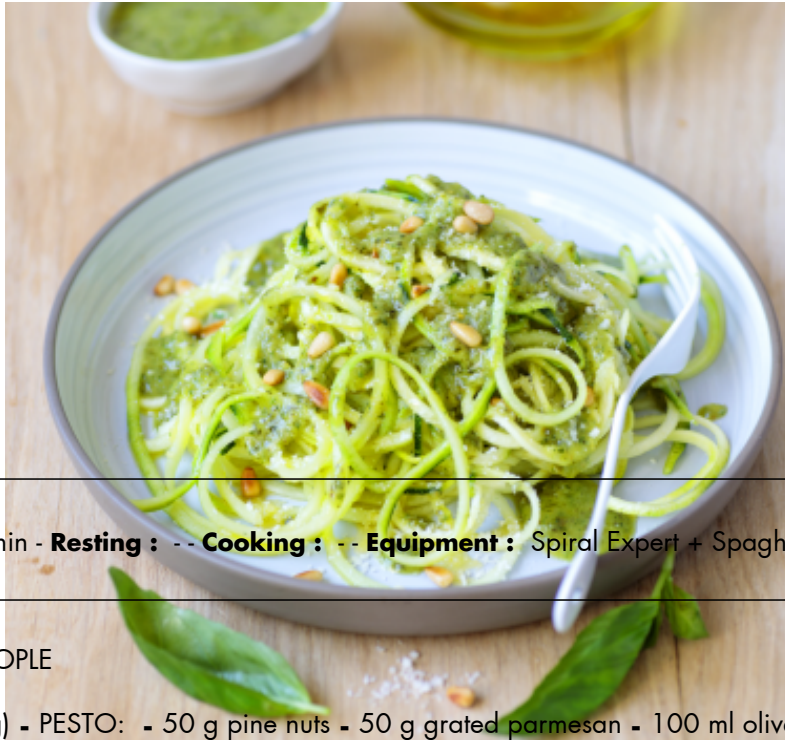


COURGETTES WITH PESTO

Spiral Expert



Preparation : 10 min - **Resting :** -- **Cooking :** -- **Equipment :** Spiral Expert + Spaghetti Cone

Ingredients : 4 PEOPLE

- 5 courgettes (1 kg) - PESTO: - 50 g pine nuts - 50 g grated parmesan - 100 ml olive oil - 2 small garlic cloves - 1 bunch fresh basil - Salt & pepper

1. Peel and top and tail the courgettes. Spiralize with the SPAGHETTI cone. Cut into smaller spaghettis. Lay spirals on kitchen paper to absorb any excess moisture.

2. Set aside a few basil leaves, 5g pine nuts and 5g parmesan to decorate, and place all the remaining pesto ingredients in the mini bowl. Blend for 30 seconds.

3. Put the pesto in a large bowl, add the courgettes, mix together and season to taste. Divide between the plates and scatter with basil leaves, pine nuts and grated parmesan.

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