

COURGETTE PASTA, SPRING PEAS MINT

Spiral Expert



Preparation : 15 min - **Resting :** -- **Cooking :** -- **Equipment :** Spaghetti cone

Ingredients : 4 PEOPLE

- 4 courgettes (1 kg) - 200 g frozen peas, thawed - 25 g toasted pine nuts, plus extra to serve - 25 g grated Parmesan, plus shavings to serve - 5 g mint leaves, plus extra to serve - 3 tbsp olive oil - 1 lemon (grated zest and about 3 tbsp juice) - sea salt - freshly ground black pepper

1. Spiralize the courgettes using the SPAGHETTI cone. Cut into shorter lengths. Set aside in a colander.
2. Put the peas, pine nuts, grated Parmesan and mint into the bowl equipped with metal blade; pulse for about 30 seconds until smooth.
3. Slowly add the olive oil to combine, then the lemon zest and juice; season and transfer to a bowl.
4. Pat the courgette spaghetti dry, and toss with the pea mixture. Serve with extra pine nuts, mint and Parmesan shavings.