

COURGETTE SPAGHETTI TOMATO SAUCE

Spiral Expert



Preparation : 10 min - **Resting :** - - **Cooking :** 10 min - **Equipment :** Spiral Expert, Spaghetti cone

Ingredients : 4 PEOPLE

- 4 courgettes (1kg) - 75 g drained sundried tomatoes in oil - 2 garlic cloves, very finely chopped - 150 ml double cream - 10 g basil leaves - 25 g grated Parmesan - 1 tbsp olive oil - sea salt - freshly ground black pepper

1. Spiralize the courgettes using the SPAGHETTI cone. Cut into shorter lengths.
2. Heat 1 tbsp of the sundried tomato oil in a frying pan over medium-low heat and cook the garlic for 1-2 minutes, or until starting to turn golden.
3. Add the drained sundried tomatoes, cream and half the basil; simmer for 2 minutes until thickened. Remove from the heat, add the cheese and season.
4. Heat the olive oil in a large frying pan and cook the courgette for 5-6 minutes.
5. Add the creamy sundried tomato sauce, stir and top with the remaining basil.