

COURGETTE & PARMESAN PASTA



Easy



15 minutes



Side



02 Servings

INGREDIENTS

400g courgette - spiralised
120g of pasta (dry)
2 cloves of garlic, crushed
30g of parmesan
1 egg yolk
⅓ cup of reserved pasta water
sea salt and black pepper
cooking oil spray
chopped fresh parsley (optional)

COOKING STEPS

Add the spiralised courgette to a sieve and place over a bowl. Add a pinch of sea salt and set aside while the pasta cooks (this will help draw out some of the liquid).

Cook pasta according to package directions (reserving a ⅓ of cup of pasta water, once cooked). Drain and set aside.

Rinse the courgette thoroughly under running water, and then pat dry with kitchen paper.

Spray a frying pan over a medium high heat with some cooking oil spray. Add the crushed garlic and just sautéed for 1 minute to infuse the flavour. Add in the spiralised courgette and a pinch of black pepper. Sauté for 2 minutes.

Whisk the egg yolk with the parmesan and reserved pasta water. Add the cooked pasta into the frying pan. Add the egg parmesan mixture, remove from heat and toss to coat.

Season as needed and sprinkle with fresh parsley.

