

Zucchini Spaghetti

Ingredients:

- 8 zucchini ends trimmed
- ¼ cup butter
- 2 cloves of garlic
- 1 tablespoon olive oil
- 1 lemon, rind only
- Parmesan ¼ cup
- ¼ cup mint, finely chopped
- Sage leaves ¼ finely chopped

1. Grate zucchini using a grater or a vegie twister

2. Add crushed garlic, butter and olive oil to the pan, once garlic is cooked, add zucchini and the fresh parsley, sage, and lemon rind

3. Quickly sauté till soft, not too long

4. Add pesto to the pan and mix through the zucchini. ^{and extra ingredients.} Remove from the heat
see next page for pesto recipe.

5. place on a large platter, sprinkle with mint and parmesan and serve.

Variations

* Add 700g chopped roasted pumpkin - place cubes of pumpkin onto a roasting tray lined with baking paper. Sprinkle with sea salt and cook until just crunchy.

* chop cherry tomatoes into half or quarters depending on the size

Only small zucchinis
so make it 12
zucchini's and
2 squash.