



We've reached the end of our Vegetarian Alphabet experiment. It's been fun, but we're happy to move on now!.. So - 'Z' was 'Zucchini Noodles'

Ingredients:-

2 Large Courgettes (Zucchini)
½ a Red Onion, finely Sliced
2 Spring Onions, sliced
6 Cherry Tomatoes, halved
2 Cloves of Garlic, minced
1/ a Lemon
A dash of Soy Sauce
6 to 8 Basil Leaves
Olive Oil
Grated Italian style hard Cheese to garnish
Salt & Pepper

Method:-

- (1) With a Potato peeler shave the Courgettes into ribbons and then cut into Noodles. The strong Mediterranean and Basil flavours made this fresh and reminiscent of a very chunky Basil Pesto. A really tasty side.
- (2) Place in a bowl and sprinkle with Salt to release the water.
- (3) Leave for 30 minutes and then dry on Kitchen Paper.
- (4) In a pan add the Olive Oil and fry the Onion until translucent.

- (5) Add the Garlic, Soy Sauce and season with Salt & Pepper.
- (6) Add the Spring Onions, Tomatoes and Basil Leaves.
- (7) Stir for a few Minutes.
- (8) Add the Noodles and stir gently with tongs.
- (9) Add a squeeze of Lemon and garnish with the grated Cheese.

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