

COURGETTI AL PESTO

SERVES 4 / PREPARE 10 MINS / COOK 10 MINS

Ingredients

FOR THE COURGETTI	200g	Basil leaves
4	Courgette, medium	100g Pinenuts (optional)
2tbsp	Refined olive oil	50ml Extra-virgin olive oil
		2tbsp Toasted pinenuts (garnish)
FOR THE PESTO		Salt (to taste)
1	Clove Garlic	
200g	Spinach	

Instructions

Put your courgette through a spiralizer or julienne with a mandolin to make thin strips, resembling spaghetti, i.e. courgetti. Reserve.

Set aside a few basil leaves for garnishing.

Mince your garlic and put in a food processor with all the other pesto ingredients. Blitz until smooth. Add more olive oil if needed and salt to taste.

Sauté your courgette in the refined olive oil for a couple of minutes – you want them to still have a bit of crunch in them.

Mix your courgette with the pesto and serve with a handful of toasted pinenuts on top.

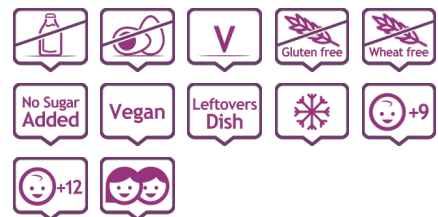
Garnish with some basil leaves and serve immediately.

This dish is a gluten and carb-free alternative to pasta and goes very well with grilled chicken or fish.

Variation: You could add parmesan to the pesto sauce or together with the pinenuts.



Nutrifacts



Courgette is a good source of immune boosting VITAMIN C as well as VITAMIN K to aid blood coagulation and antioxidants. It also contains good levels of B VITAMINS including FOLIC ACID that support liver detoxification.

Olive oil is LOW in SATURATED FAT and HIGH in heart protecting mono-unsaturated fats.

Spinach contains high amounts of BETACAROTENE a precursor to VITAMIN A, important to maintain good night vision and lutein, an antioxidant that research shows may help maintain eye health and protect against certain cancers, mainly prostate. Spinach also contain VITAMIN C, VITAMIN K and folic acid as well as minerals such as calcium, magnesium and potassium. Spinach is high in non-haem iron although it may not be absorbed easily because of the high oxalate levels found in these leaves.

Basil contains VITAMIN K, which promotes blood coagulation and healthy bones, and certain carotenoids such as lutein, an antioxidant that may help maintain healthy eyes.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system.