

# Courgette



## Available

October to April.

## Buy

Glossy, blemish free skins.

## Store

In the vegetable bin in the fridge.

## Prepare



Cut in half.



Slice into discs.



Slice into sticks.



Peel into ribbons.

## Cook

Can be:



Boiled



Baked



Stir-fried



With noodles



# Courgette pasta carbonara

(serves 4)

## Ingredients

¼ packet dry fettuccini  
(or spaghetti)  
2 tablespoons oil  
2 cloves garlic, crushed  
4 courgettes, cut into  
ribbons  
2 carrots, cut into ribbons  
½ can evaporated milk  
1 cup grated cheese  
Pinch of salt  
Pepper

## Method



1 Into a large pot of boiling water add the pasta. Stir to stop it sticking. Boil for 10 minutes then drain and set aside.



2 In a large pot add oil and garlic and cook briefly.



3 Add courgette and carrot, stirring for 1 minute. Add evaporated milk and bring to a boil.



4 Add drained pasta and cheese, mix well. Season with salt and pepper.

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