



COURGETTI SPAGHETTI WITH TUSCAN CARRÉ

INGREDIENTS

- 2 packs Garden Gourmet Tuscan Carre
- 2 spring onions
- 1 cucumber
- 6 ripe tomatoes
- 250 g whole grain spaghetti
- 250 g zucchini spaghetti
- 90 g fresh herbs (parsley, chives, dill, basil)
- 6 tbsp olive oil
- 2 garlic cloves
- 4 mint sprigs
- 4 tbsp grated Parmesan



Enjoy this delicious courgetti spaghetti with Garden Gourmet Tuscan Carré. On top of being vegetarian, it's delicious, quick and easy!

PREPARATION

1. Prepare the ingredients

Bring a pan of water to a boil. Add the pasta and cook as indicated on the package. Finely chop the herbs and stir with 4 tablespoons of oil. Squeeze the garlic over the herb oil.

2. Make the tomato salad

Cut the tomatoes into pieces and the cucumber into cubes. Finely chop the spring onion and mint. Scoop everything together and season with salt and pepper.

3. Cook the Tuscan Carre

Heat the rest of the oil in a frying pan and bake the rondos in approx. 4 minutes until crispy and brown.

4. Finishing touches

Drain the spaghetti and collect the cooking liquid. Puree the herb oil with the cheese and 200 ml of the cooking liquid of the pasta.

Scoop through the pasta and heat in the pan. Serve the pasta with the tomato salad and Tuscan Carré.

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