



PASTA with COURGETTE, LEMON and PARMESAN

Ingredients:

- 150g pasta
- 1 garlic clove, crushed
- 1tsp chopped red chilli (or ½ tsp chilli flakes)
- 2 courgettes, grated
- 1 lemon, zest and juice
- 30g parmesan, grated

Method:

1. Cook the pasta, drain and set aside
2. Heat 2tbsps olive oil, add garlic, chilli and cook for a minute
3. Add the grated courgette and fry until softened
4. Add lemon zest and juice and stir
5. Add the cooked pasta and parmesan and stir well
6. Serve



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