



Vegetable Spaghetti

*This is the BEST idea ever! Not only is this full of veggies (instead of starch), its colourful and fun – perfect for the kids (big and little).
Serve with your favourite sauce or experiment with your own.*



Ingredients:

Choose a vegetable for your noodles or try them all!

- 500 g - 4 green zucchinis
- 750 g – 1 butternut pumpkin, peeled
- 4 carrots
- 2 sweet potato
- 1 large eggplant

(All need to be cut into thin strips on a mandolin or julienne peeler)

- 160 g – 2 leek, cut into thin strips with a knife

2-3 handfuls of fresh spinach

black pepper

freshly chopped herbs

squeeze of lemon

Directions:

Sauté vegetables in a pan over a medium heat with a little olive oil until tender. Alternatively blanch the hard vegetables for 1 minute in boiling water then drain.

Season with a little lemon, sea salt and black pepper.

Add some green peas, asparagus, spinach and fresh herbs if you wish.

Divide between serving plates and serve with your favourite homemade sauce like Bolognese, basil pesto, or roasted eggplant with capsicum and Persian feta.

You could also serve as a side dish with grilled chicken breast, grass fed beef, fish or roasted salmon.