

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.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes