

Courgette spaghetti with fresh ramallet tomato sauce

Light, vegan dish for those hot summer days, also great to take to the beach.

Preparation time: 15 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 2 people.

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2 piece Courgette
2 Chopped garlic cloves
30 g Sunflower seeds or pumpkin seeds
1 tsp Extra virgin olive oil D.O.
300 g Fresh ramallet tomatoes or from a jar
1 tbsp glass Dip i Fet tomato and almond spread
1 pinch Flower sea salt
50 g shaved feta, or vegan substitute cheese
2 tbsp Fresh basil leaves
1 Foc spicy olive oil / almond oil

Preparation

Cut the courgettes into long thin spaghetti with the spiral slicer.

Dice the ramallet tomatoes.

For the sauce, sauté the garlic with the sunflower seeds in olive oil. Add the Ramallet tomatoes and the Dip i Fet Tomate (a mixture of trimmed tomatoes, almonds and herbs). Cook for 5 min. until it thickens.

Season with salt and Foc (hot chilli olive oil).

Now just add the courgette spaghetti, stir in and leave to stand for about 10 minutes. The

courgette spaghetti, like its pasta cousins, is only cooked al dente.

Arrange on plates and serve with fresh basil and cheese.