

Courgette Bowl

Recipe makes:

I portion

Preparation time:

10 minutes

Nutritional Information	1 Portion
Energy	313kcals
Carbohydrates of which sugars	6.7g 5.3g
Protein	11.8g
Fat	26.6g

Ingredients:

- I l 0g courgette, spiralized
- 20g raw broccoli, chopped
- I4g reduced-fat mozzarella, shredded
- 22g cherry tomatoes, halved
- I 0g yellow pepper, sliced
- 2 tbsp pesto
- I tbsp flaked almonds
- Salt and pepper to taste

Method:

- 1. Wash and prepare the courgette, broccoli, tomatoes and yellow pepper.
- 2. Place the spiralized courgette in a bowl and top with the vegetables.
- 3. Sprinkle the mozzarella and almonds on top.
- 4. Spoon pesto on top and mix well.
- 5. Add a pinch of salt and pepper to taste.

Chef's Tips:

- Add herbs to taste or substitute almonds for other options such as walnuts.
- Great with Marinara sauce (see separate recipe card).

