



Courgette Bowl

Recipe makes:

1 portion

Preparation time:

10 minutes

Nutritional Information

1 Portion

Energy	313kcal
Carbohydrates of which sugars	6.7g 5.3g
Protein	11.8g
Fat	26.6g

Ingredients:

- 110g courgette, spiralized
- 20g raw broccoli, chopped
- 14g reduced-fat mozzarella, shredded
- 22g cherry tomatoes, halved
- 10g yellow pepper, sliced
- 2 tbsp pesto
- 1 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).

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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