



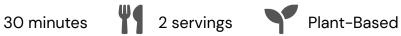
Oodles of Zoodles

with Olive and Eggplant Sauce

Zucchini and carrot noodles topped with a rich olive and eggplant sauce finished with pepitas, sunflower seeds, fresh basil and plant-based parmesan.







Change it up!

Turn this dish into a tray bake. Toss the zoodles with olive oil, salt and pepper and place into an oven dish. Pour over the sauce and sprinkle over parmesan and seeds. Bake in a moderate oven for 20 minutes. Top with fresh basil to serve.

TOTAL FAT CARBOHYDRATES

17g

40g

47g

FROM YOUR BOX

BROWN ONION	1
GARLIC	1 clove
EGGPLANT	1
GREEN OLIVES	1 jar
PASTA SAUCE	1 jar (350g)
CARROT	1
ZUCCHINI	1
PEPITA/SUNFLOWER SEEDS	1 packet (40g)
BASIL	1 packet (10g)
PARMESAN TOPPING	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, small frypan, kettle

NOTES

If you don't want to make the noodles, grate the carrots and zucchini and add to the sauce. Serve with pasta of choice.

This step is optional. Toasting the seeds gives them some extra crunch and intensifies their flavour.



1. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with oil. Slice and add onion along with 2 tsp Italian herbs and crushed garlic. Sauté for 3 minutes.



2. ADD EGGPLANT AND SAUCE

Dice eggplant, adding to pan as you go. Cook for 5 minutes, then drain and add olives.



3. SIMMER THE SAUCE

Add pasta sauce and 1 jar water to the frypan. Cover and simmer for 10 minutes. Season to taste with 1/2 tbsp vinegar, salt and pepper.

Boil the kettle for step 4.



4. MAKE THE ZOODLES

Julienne or ribbon zucchini and carrot into a bowl, using a julienne peeler/spiralizer or vegetable peeler (see notes).

Pour boiled water over the noodles to heat and soften (optional). Leave for 2 minutes, then drain.



5. TOAST THE SEEDS

Heat a small frypan over medium-high heat. Add seeds and cook for 1-2 minutes until browned (see notes).

Roughly chop the basil.



6. FINISH AND SERVE

Divide zoodles among bowls and top with sauce. Sprinkle with parmesan topping, seeds and basil.

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