

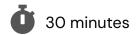




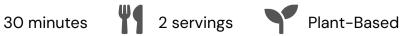
Oodles of Zoodles

with Olive and Eggplant Sauce

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







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

16g

27g

55g

FROM YOUR BOX

SHALLOT	1
GARLIC CLOVE	1
EGGPLANT	1
GREEN OLIVES	1 jar
PASTA SAUCE	1 jar
ZUCCHINI	1
CARROTS	2
SEED TOPPING MIX	1 packet
BASIL	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, kettle

NOTES

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

Toast the seeds if you like!

Seed topping mix: pepitas, sunflower seeds, nutritional yeast.





1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Slice and add shallot along with 2 tsp Italian herbs and crushed garlic. Dice eggplant, adding to pan as you go. Cook for 5 minutes, then drain the olives and add them to the pan (use to taste).



2. SIMMER THE SAUCE

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

Boil the kettle for step 4.



3. MAKE THE ZOODLES

Julienne or ribbon **zucchini** and **carrots** 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.



4. FINISH AND SERVE

Divide zoodles among bowls and top with sauce. Sprinkle with **seed topping mix** and **basil** (see notes).





