

Zucchini Pasta

INGREDIENTS

For Zucchini Pasta:

2 medium Zucchini

1/2 cup mushrooms (sliced)

1/4 tsp salt

1/4 tsp dry basil

For Tomato Sauce:

2 tbsp olive oil

1/4 tsp dry basil

1/4 tsp dry oregano

1/8 tsp black pepper

1/2 tsp red chili flakes

1/2 tsp salt

2 tsp sugar

1/2 tsp gf corn starch

METHOD

1. In a sauce pan add oil, basil, oregano, red chili flakes tomatoes cook over medium heat. Tomatoes should be soft and little mushy.
2. For zucchini pasta, use a vegetable spiral slicer. Spiralize your zucchini into noodles using the spiral slicer.
3. Add salt, sugar, gf corn starch and cook for another minute until most of the water from tomato has evaporated. Keep the sauce aside.

4. Heat the oil in a sauce pan over medium heat and add the mushrooms. Stir-fry until mushrooms are lightly browned. Add zucchini spirals, sprinkle the salt and basil. Stir fry for about 2 minutes.
5. Serve zucchini pasta topped with tomato sauce.
