



Courgette 'fettucine' with alfredo sauce

Courgette fettucine with alfredo sauce is so quick and easy and can be completed in under 6 minutes. That's not bad for a main meal! The name sounds fancy and complicated but the reality is a delicious, easy vegetarian dish.

Ingredients

- 1 garlic clove, crushed
- 275g flaked almonds
- 1 bunch basil
- 1 TBS lemon juice
- 50ml water
- 1 courgette

Serves 1

Method



1. Put the garlic, almonds, basil, lemon juice and water into a blender
2. Blitz until smooth, then heat gently in a pan
3. Use a vegetable peeler to shred the courgette into long ribbons (similar to fettucine pasta)
4. Simmer in boiling water for 4 minutes, then drain and add to the sauce



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