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# COURGETTE SPAGHETTI

Includes dairy and nuts

Serves: 2

Prep: 10 mins

Cook: 15 mins

A quick and easy pasta recipe that showcases delicious courgette notes, accentuated by the profile flavour of pistachio and smoked ricotta.

## Ingredients

- ✓ 100g courgette spaghetti
- ✓ 2 tbsp. extra virgin olive oil
- ✓ 20g smoked ricotta
- ✓ Handful of basil to garnish

## For pistachio pesto

- ✓ 100g basil blanched
- ✓ 50g toasted pistachio
- ✓ 50g grated parmesan
- ✓ ¼ garlic clove blanched
- ✓ Salt and pepper

## Method

- 1 Start by blanching 100g of basil and ¼ garlic clove for the pistachio pesto.
- 2 To make the pistachio pesto, combine the blanched basil and garlic clove, 30g toasted pistachio and 20g grated parmesan in a bowl and season with salt and pepper.
- 3 Heat the olive oil in a large wok and stir fry the courgette spaghetti until it softens (to a similar consistency of al dente). Turn up the heat and add the remaining grated parmesan and pistachio pesto. Season to taste with salt and pepper.
- 4 Plate your dish and garnish with smoked ricotta, crumbled pistachios and basil leaves.

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