



Garlic Courgette Noodles & Tomato Pasta

Serves 4

4 cups (220g) brown rice pasta, cooked
2 medium courgettes, spiralized
1 tbsp. olive oil
1 cup (150g) cherry tomatoes, halved
2 cloves garlic, crushed
1 tsp. smoked paprika
chilli flakes, to taste
2 tsp. parsley dried
4 tbsp. vegan parmesan, grated (optional)

What you need to do

1. Cook the pasta according to instructions on the packaging.
2. Heat olive oil over medium heat in a pan and sauté the courgette and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.
3. Add in the cooked pasta and mix well—season with smoked paprika and chilli flakes.
4. Divide between bowls and top with vegan parmesan cheese and dried parsley.



GF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	276	7	48	8

*Nutrition per serving