



## Carrot and courgette pasta with protinella



Up to 15  
min.



Normal



Vegetarian



### Zubereitung

1. Wash the courgettes and cut off the ends. Wash the carrots, cut off the ends and peel.
2. Peel the vegetables into thin strips using a peeler.
3. Blanch the carrot strips for 5 minutes to soften them. Then drain, place in a hot pan with 1 tbsp oil together with the courgette strips and mix.
4. Mix in the GOLDSTEIG Protinella and the remaining ingredients and season to taste. Season with salt as required.

### Tip

It tastes even better with home-dried tomatoes. Remove the stalks from the tomatoes, blanch, peel and deseed. Dry the tomato quarters with rosemary, garlic puree, salt and pepper on a baking tray in the oven at 140°C.

### Zutaten

#### Serves 2:

- 2 courgettes
- 4 carrots
- 2 packs of GOLDSTEIG Protinella Kugel
- 100g sprouts
- 100g roasted nuts
- 1 tbsp oil
- 50ml stock

