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 theGOLDSTEIG 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