



## Courgette, Ricotta and Soft Herb Pasta Salad

### Ingredients (serves 4)

4 (700g) courgettes  
300 g **wholemeal** penne pasta  
150 g ricotta cheese  
2 cloves garlic, chopped  
2 Tbls extra virgin olive oil  
25g Basil  
15g Mint  
1 Lemon (zested)

### Method

1. Cook the pasta as per the packets instructions.
2. Slice the courgettes as thin as possible and lightly coat in olive oil (season).
3. Griddle the sliced courgettes till golden.
4. Mix courgettes and pasta together with a slug of extra virgin olive oil, finely chopped garlic, lemon zest and some basil and mint, roughly torn.
5. Top with ricotta cheese, dotted all over.

### Key Nutrients

Nutrient	Per 100g	% RNI	Per 457g Serving	% RNI	
Energy kJ	399	4%	1822	21%	
Energy kcal	95	4%	434	21%	
Fat	2.6g	3%	12.0g	17%	Low
Saturates	0.8g	4%	3.8g	19%	Low
Total Sugars	0.8g	0%	3.6g	4%	Low
Salt	0.10g	1%	0.50g	8%	Low
Protein	3.9g	-	17.8g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

**Allergen Info: Wheat, Eggs, Milk**