

## SPAGHETTI

*with tomato sauce and diced green and yellow courgettes*

Ingredients	Spaghetti
500 g	Pasta (cold/frozen)
300 ml	Cold water
30 g	Parmesan (grated)
200 ml	Rapeseed oil
40 g	GELEAcold
	Salt, nutmeg

Ingredients	Green courgettes
350 g	Green courgettes (cooked/frozen)
125 ml	Vegetable stock
15 ml	Rapeseed oil
20 g	GELEAcold
	Salt, nutmeg

Ingredients	Yellow courgettes
350 g	Yellow courgettes (cooked/frozen)
125 ml	Vegetable stock
15 ml	Rapeseed oil
20 g	GELEAcold
	Salt, nutmeg

Ingredients	Tomato sauce
500 ml	Tomato sauce

Nutrition facts for one serving (approx. 160 g)

Energy/Calories	907 kJ/ 217 kcal
Fat	16.7 g
Of which saturates	2.1 g
Carbohydrates	12.2 g
Of which sugars	2.1 g
Fibre	3.0 g
Protein	3.4 g
Salt	0.5 g

### Spaghetti:

Blend the cooked pasta, water, rapeseed oil, parmesan and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a disposable piping bag with a spaghetti nozzle to pipe nests onto a GN baking tray then freeze.

### Courgettes:

Blend the yellow and green courgettes (separately), stock, oil and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into an "Ice Cubes" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

### Tomato sauce:

Bring the tomato sauce to the boil.

### Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes.

To serve, pour the sauce over the spaghetti.

### Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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