

Courgette Pasta Sauce

Ingredients

red chillies

Garlic cloves

Courgettes - grated

Olive oil

Grated parmesan cheese

Creme fraiche

Dried pasta (I usually use linguine)

Cook pasta in boiling water until cooked

Finely chopped chillies and garlic and gentle fry in olive oil (you want to soften them, not drown them)

Add grated courgette and salt and plenty of pepper and fry until cooked, stirring regularly

Add some dollops of creme fraiche until you have the consistency that you like - stir carefully until at simmering point and then turn off heat

Stir in grated parmesan

Combine the pasta and courgette sauce and serve

Enjoy!!