

# Ribboned Courgette Pasta with Cauliflower Cheese Sauce

**Makes:** 4 Servings (each serving is approx. 1 cup sauce with 1 courgette)

## Ingredients

4 Courgettes (Ribbon each courgette into thin strips using a vegetable peeler)

### Sauce:

½ tablespoon olive oil

1 tablespoon butter or low fat spread

1 Leek, cut into 1 inch pieces

1 small head cauliflower, chopped

1 clove garlic, finely chopped

450ml vegetable stock (Made with 1 stock cubes & Boiling water)

Salt and freshly ground black pepper to taste

1 cup low fat milk (optional)

100g Cheese (crumbled Blue or Stilton for “strong” flavour or grated Cheddar if you prefer “milder” )



## Instructions

Heat the olive oil and butter in a large pot over medium heat, and saute the leek, cauliflower, and garlic for about 10 minutes. Stir in the vegetable stock, and bring the mixture to a boil. Reduce heat, cover, and simmer 30 minutes.

Remove the sauce from heat and blend with a hand blender. Season with salt and pepper. Mix in the low fat milk and cheese, and continue blending until smooth.

Add the ribboned courgettes to the sauce and return to the heat for 5 minutes until lightly cooked.

## Nutrition information:

Each Serving:

Kcal 220

Fat (sat) 5.9g

Net Carbs 9.4g

Protein 7.5g