

## **Courgetti (feeds 2)**

### Ingredients

2 courgettes tripped with a peeler (to resemble noodles)  
1 tin plum tomatoes  
1 clove of garlic  
1 tbsp oil

### Method

1. Put tomatoes, oil, garlic in pan and reduce, mashing tomatoes down
2. When sauce is at desired consistency put in raw courgettes and cook for another few minutes
3. Add whatever you have scraps of to the sauce – other veg, meat, cheese, etc.