



Zucchini Noodles with Burst Tomatoes and Avocado Sauce

Ingredients:

- 3 cups yellow and red cherry tomatoes
- 150g zucchini, spiralized
- 1 portion spaghetti, cooked al dente
- Parmesan cheese for topping (skip this for vegan option)
- Avocado sauce:
 - 1 avocado
 - ¼ cup olive oil
 - ½ teaspoon salt
 - ½ cup fresh flat leaf parsley
 - 3-4 green onions (green parts only)
 - 1 garlic clove
 - juice of 1 lemon
 - freshly ground pepper to taste

Method:

1. In a blender, pulse all the sauce ingredients together until smooth. Set aside.
2. Heat the cherry tomatoes in a large skillet over medium high heat with a very quick drizzle of olive oil. Gently shake the pan to get them moving (you might want to grab a lid for this - they really start to spatter when the juices hit the hot oil). Continue cooking until the tomatoes are roasty-looking and the skins are split or loosened. Remove from heat and set aside.
3. Add the spiralized zucchini to the same pan and toss for 1-2 minutes, until tender-crisp. Add the cooked spaghetti and avocado sauce. Toss until combined. Season with salt and pepper, top with reserved tomatoes and parmesan cheese. Serve immediately.

