



Elvea, festa all'italiana

Courgetti with veggie balls



Ingredients for 2 Persons

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| 400 g | courgette spaghetti |
| 300 g | vegetarian balls |
| 400 g | ELVEA Polpa di pomodoro |
| 1 tablespoon | Elvea Doppio Concentrato |
| 0,50 | onions |
| 1 clove | garlic |
| 0,50 | stock cube |
| 125 ml | water |
| 1 teaspoon | Italian herbs |
| 1 | bay leaf |
| 50 g | arugula |
| 50 g | parmigiano reggiano |

Preparation

1. Heat up one tablespoon of olive oil or butter in a large frying pan, and slowly cook the vegetarian balls on a low heat for about 10 minutes. After the balls are cooked, remove them from the pan and clean it.
2. In the same pan, heat up a tablespoon of olive oil, and fry the finely diced onion and garlic until softened and slightly golden.
3. Shortly fry off the tablespoon of Elvea Doppio Concentrato and then add the Elvea Polpa, the Italian herbs, the ½ stock cube, the water and bay leaf. Bring to a boil and let simmer for 15-20 minutes on a low heat.
4. Then add the balls to the sauce to warm them up again.
5. Cook the courgetti in a wok for 2 minutes.
6. Distribute the courgetti and veggie ball sauce over 3 plates. Serve with rocket and garnish with Parmigiano Reggiano.

