



Elvea, festa all'italiana

Courgetti with veggie balls



Ingredients for 2 Persons

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.

