



CHLOË BOWLER
complete wellbeing

COURGETTI WITH GARLIC, BROCCOLI, FETA & PINE NUTS



Ingredients (Serves 2):

1. 1 tbsp Olive Oil
2. 2 cloves of Garlic
3. 4 Courgettes
4. 1 Head of Broccoli
5. 75g Feta Cheese
6. 20g Pine Nuts

Method:

1. Chop and soften the garlic in some olive oil in a large frying pan.
2. Meanwhile spiralise the courgettes into noodles.
3. Steam the broccoli florets for 5 minutes.
4. Add the courgetti to the garlic, stir and let soften.
5. Add the broccoli and crumble the feta in to the pan and stir through.
6. Make a little space in the pan and dry toast the pine nuts for 30 seconds.
7. Mix everything together and serve.

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