



Courgette & Roasted Tomatoes

Ingredients:

2 tablespoons olive oil	12 black olives
150g cherry tomatoes, halved	400g courgette noodles
1 red chilli, finely chopped	1 tablespoon sunflower seeds
1 garlic clove, finely sliced	Parmesan to taste



Method:

1. In a large pan, heat the olive oil.
2. Once the oil is hot, add the halved tomatoes, red chilli, garlic and olives and fry until fragrant and slightly browned.
3. Just before you are ready to serve or eat, add the courgette noodles and toss to combine.
4. Leave to cook for 2 minutes, tossing continuously until the noodles are just cooked. The noodles cook very quickly!
5. To serve, add the sunflower seeds and finely grate over the parmesan cheese.
6. Serve immediately. Serves 2.