



## **Courgette spaghetti with Prawns & Homemade pesto dressing**



**Makes:** serves 2

### **Ingredients**

- 5 courgettes or 1 bag of packaged courgette spaghetti
- 1 packet of large prawns already cooked
- 1 can of non sweetened sweet corn
- 1 red pepper
- 1 cup of Sun blushed tomatoes
- 1 avocado
- half cup of rocket
- hand full of basil leaves
- sprinkle of oregano
- sprinkle of black pepper
- olive oil 4 tbl spoons
- 1/3 cup of pine nuts
- 1 tsp of tahini

### **Method**

Spiralize your courgettes if you are making them yourself, then boil for 6 mins on a low heat to go softer keep an eye on the courgette spaghetti as you don't want it to go to soft. When you drain the water run a bit of cold water through them and then leave to drain and cool down. In a large mixing bowl add 2 packets of prawns already cooked, sweet corn, 1 red pepper ( I baked this in the oven in pieces to roast it, Let it to go cold before adding in to the bowl), cut up the Sun blushed tomatoes in to small pieces and then add to the bowl.

In a blender for the sauce add the rocket, half a hand full of the basil leaves keep the other half to garnish. Avocado, oregano black pepper, olive oil, tahini and pine nuts (before adding to blender toast them on a frying pan, no oil just low heat for like 3 mins watch carefully). Blend altogether until it looks smooth and more of a dressing

when the courgettes have cooled down place in to the bowl with the other mix and then add the dressing gradually mixing it in whilst pouring so its all mixed in.

On top you can add some cherry tomatoes and the remainder of the basil.

And enjoy this is one of my favourite lunch or dinner recipes. A lot of the time I make it for dinner and leave half for my lunch the next day and it tastes even better the next day.