

Zucchini Zoodles

2 zucchinis zoodled
3 cloves of garlic finely chopped
1/4 tsp chilli flakes (optional)
1 punnet cherry tomatoes halved
1/2 cup Nutritional yeast
1 cup basil leaves roughly chopped
Herbamare to taste

Add about 1/4 cup water to a hot frypan & quickly cook garlic & red pepper flakes.

Add zucchini noodles & toss until they are heated through - approx 5 mins.

(do not overcook the zoodles or they will become mushy).

Stir in the tomatoes, basil, nutritional yeast & herbamare

Zucchini Soup

2 zucchinis roughly chopped
1 onion diced
3-4 garlic cloves diced
1/2 cup fresh basil
1/4 cup Nutritional yeast
Herbamare
Black pepper

Add onion & garlic to a large pot and then add zucchini & 1 cup of water.

Slowly cook until zucchini is soft.

Add remaining ingredients, remove from heat & puree using a stick blender or food processor.

Add 1/2 avocado for a thicker, creamier soup.



Layered Vegetable Bake

Pumpkin
1 small eggplant
1 onion
1 zucchini
1 red capsicum cut into flat pieces
Jar of tomato puree
OR 4 large tomatoes blended
Nutritional yeast
Herbamare

Slice pumpkin, eggplant, zucchini & onion into a similar thickness.

Starting with tomato puree, layer vegetables spooning tomato puree, herbamare, & nutritional yeast between each layer. Cover with alfoil & bake in a moderate oven until vegetables are cooked.

Zucchini Fries

2 zucchini's
1/4 cup Nutritional yeast
Herbamare

Line a baking tray with baking paper.

Trim the ends off the zucchini's

Cut zucchini in half length ways and then quarters length ways.

Slice diagonally down the centre to remove some of the seeds.

Slice into 1cm batons.

Alternatively, cut into 1cm circles.

Layer zucchini fries on tray, sprinkle with Herbamare & Nutritional yeast.

Bake in a moderate oven until golden.