



GREGG WALLACE'S COURGETTE SAUCE FOR PASTA

This is a simple to make pasta sauce that repays your time beautifully with full flavours and a creamy texture (He says!)

Local food for local people

Hallwood Farm
Petrockstowe
Okehampton
EX20 3HP

Phone: 01837 811762
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www.hallwoodfreshveg.co.uk

Melt **50g butter** with **4 tbsp olive oil** in a large pan over a medium heat * Add **2 cloves garlic** thinly sliced and **1kg of Courgettes** thinly sliced and seasoning. Cook gently for 20 mins * Bring large pan of salted water to the boil. Cook a **handful spaghetti** and drain * Add a **good handful of finely chopped chives/spring onions** (if none add finely chopped onion/leek to garlic and courgettes before frying instead). Add **6tbsp Crème Fraiche** and **50g finely grated Parmesan** to the sauce and cook for a minute or so stirring well. * Mix the sauce into the pasta and serve sprinkled with Parmesan

HALLWOOD JERSEY BEEF AVAILABLE NEXT WEEK Just ring to order some, no obligation to have large amounts. Discount of 10% for orders over £35 (Joints, casserole steak, steaks, mince, burgers and sausages)



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