



HEALTHYFOOD
STUDIO

CELEB CHEF SARAH GRAHAM

5 MIN GREEN

pasta sauce

INGREDIENTS

	Cooked pasta (preferably wholewheat)
1 cup	Cooked courgettes
1 cup	Cooked broccoli
	Splash of milk
1 tbsp	Cream cheese
	Parmesan

METHOD

- 01 Cook a batch of your favourite pasta.
- 02 Blitz together the cooked courgettes and broccoli with a splash of milk and cream cheese until smooth.
- 03 Stir through your cooked pasta.
- 04 Serve with a grating of fresh parmesan