**Creamy Courgette Pasta**

**Ingredients – based on 2 people**

* 2 courgettes (zucchinis), chopped
* 2 small white onions, chopped
* 1 - 2 tbsp olive oil (plus extra for garnish)
* Salt & black pepper, to taste
* 2 tsp garlic purée
* 1 tsp Italian seasoning (or a pinch of dried oregano, basil, and thyme)
* 200 - 250g pasta of choice (penne, fusilli, or spaghetti work beautifully)
* Grated Parmesan cheese, to taste

**Method**

1. Heat a medium-sized pan over medium heat. Add olive oil and let it simmer until hot. Toss in the chopped courgettes and onions, season with salt and pepper, and cook until soft and golden. (About 8 -10 minutes)
2. Transfer the sautéed veg to a blender. Add garlic purée and blitz until smooth and creamy. (Add a splash of water or pasta cooking water if needed to loosen.)
3. Pour the blended mixture back into the pan. Reduce heat to low and stir in Italian seasoning. Let it simmer gently while you cook the pasta.
4. Cook pasta in salted boiling water until al dente. Drain and immediately add to the warm sauce. Stir in grated Parmesan until the sauce thickens.
5. Plate up and finish with a drizzle of olive oil. Optional: a crack of black pepper, a few Parmesan shavings, or a sprinkle of fresh herbs if you’re feeling fancy.

**Additional extras to spice up the dish:**

* Meatballs
* Minced meat
* Chicken