



Sweet potato and zucchini noodles



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Select



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes



100ml+100ml Gallo Bio

- 200g zucchini
- 200g sweet potatoes
- 300g light cream cheese
- 6 unit of quail eggs
- 150g fresh watercress
- 50g peeled almonds
- 100g grated parmesan cheese
- Chia seeds to taste
- Salt and ground pepper to taste

Modo de preparação

1

Prepare the watercress pesto by placing it in a blender with 1dl of Gallo Bio, parmesan cheese, pepper and some almonds.

2

Blend until you get an uniform paste. Boil the quail eggs for 3 minutes.

3

Sauté the spiralized sweet potatoes and when it is 75% done, add the zucchini (also spiralized).

4

Sprinkle with the chia seeds and the almonds, put in a dish, serving the cream cheese cubes over this warm meal.

5

Add the quail eggs and serve with the watercress pesto, adding the rest of the olive oil.

Produtos utilizados



Bio

Extra Virgin Olive Oil



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