



# Healthy Food

**Eat healthy food to live healthy**

Classe 3 B Scuola Primaria Collodi, I.C. LE CURE, Firenze





# BUON APPETITO!





# with an italian healthy Menu





# Pasta Gamberi



# e Zucchine



**Cut the courgettes into squares and fry them in a pan with a drizzle of oil and adding a pinch of salt.**

**Leave the courgettes to brown and soften for 10 – 15 minutes, then add chopped parsley to taste.**

**Once cooked, set aside half the courgettes, while place the other half in the mix together with the philadelphia and half a ladle of pasta water.**

**Blend everything until you obtain a smooth cream. To put aside.**

**Take the prawns (if you have taken fresh ones then shell them and remove the casing otherwise let them thaw) and add them to the courgettes left whole in the pan.**

**Cook everything over a high heat for 5 minutes, until the prawns have changed colour. and they will be moved.**

**Meanwhile, cook the pasta. I opted for rigatoni which I really like in shape.**

**Add the Philadelphia and courgette cream to the pan and mix everything. If the mixture is too hard, add half a ladle of cooking water.**

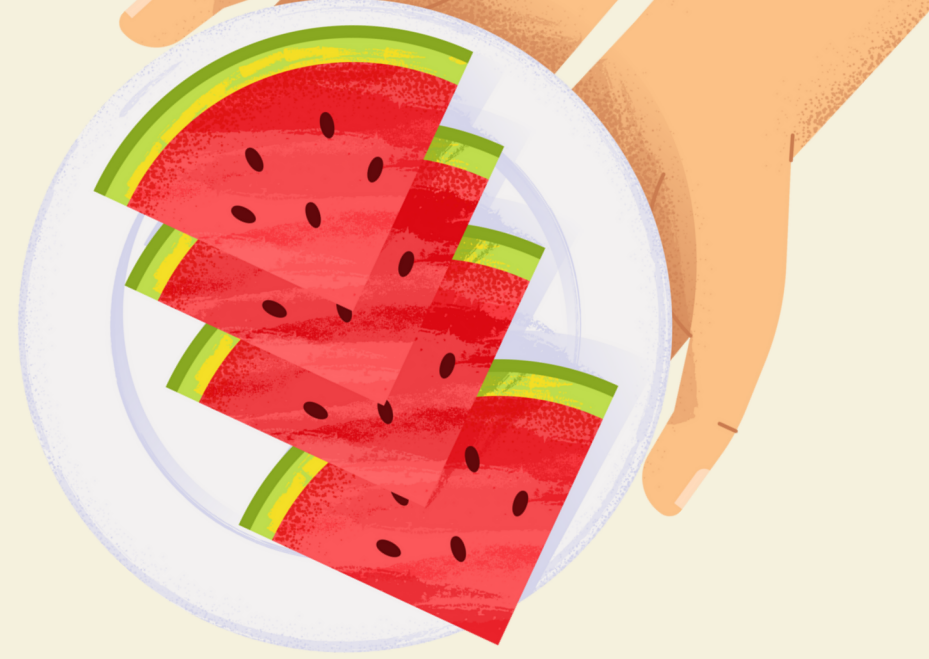
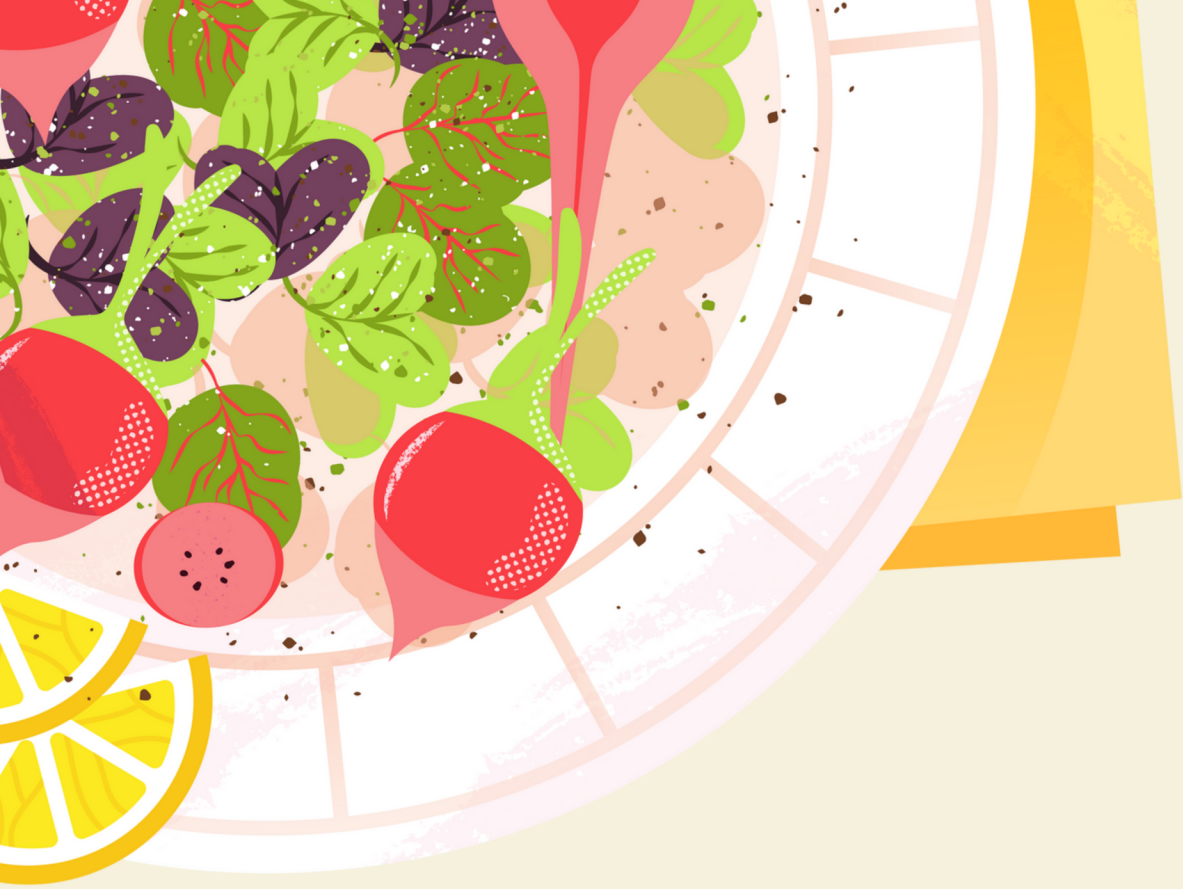
**Mix everything until you obtain a homogeneous mixture.**

**As soon as the spaghetti is ready, drain it directly into the pan with the sauce and mix until it mixes well with the rest.**

**When the pasta is well mixed, serve and enjoy.**







**THANK YOU**

