



# DAIRY-FREE RECIPE

*using* DFDU PARMESAN STYLE

## ZUCCHINI SPAGHETTI

**Servings:** 4

**Ingredients:**

3 cups of spiraled Zucchini  
Salt to taste  
DFDU Parmesan Style

**Sauce:**

1 tbsp. of oil  
1 onion  
2 cloves of garlic (options to add more)  
400g canned whole peeled tomatoes  
2 tbsp. of tomato paste  
2 tsp. of dried basil  
2 tsp. of dried oregano  
Salt & Pepper to taste

**Method:**

1. Blot dry the Zucchini spirals before placing into the fry pan.
2. Place the Zucchini spirals into a fry pan until Al dente.
3. Take the Zucchini out of the pan and set aside.
4. Cook onion and garlic in the fry pan with the oil.
5. Place canned tomatoes and tomato paste into the sauce mixture in the fry pan.
6. Add the dried oregano, basil and salt and pepper in the sauce mixture. Stir until mixed and heated through.
7. Place the Zucchini back into the fry pan with the sauce mixture and mix through.
8. Serve with DFDU Parmesan Style Shreds on top of the dish.
9. Enjoy!



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