**Spiralised Vegetables**

Spiralised vegetables offer a nutritious and filling alternative to grain-based pastas and are a great base for a tomato or cream-based sauce. You can also enjoy these raw in salads.

Serves 1

**Ingredients**

1 carrot/beetroot/courgette/butternut squash/sweet potato

**Instructions**

Take your potato peeler and peel the vegetable lengthwise to produce a long strand. Continue until the whole vegetable has been used. Alternatively use a spiraliser for this process.

To enjoy as pasta, cook the spirals in coconut oil/Kerrygold butter with seasoning (e.g. garlic, basil, rosemary, thyme etc.) on a medium heat for 5-10 minutes

To enjoy in a salad, simply combine with lettuce and other salad ingredients and serve with a delicious olive oil dressing