RECIPE IDEAS
**MICHELE CIVIERA’S VEGAN BOX**

**5 BEAN ITALIAN NOODLES WITH MARINATED COURGETTE RIBBONS**

**Ingredients**
- 1 courgette
- 175ml oil
- 1 red pepper
- 1 white onion
- 1/2 red onion
- 5 cloves garlic
- 350ml passata
- 1/2 can of 5 bean salad
- 1/2 can of Heinz banked beans
- 1 green chilli
- 3 pack of udon noodles

**Directions**

1. Peel the courgette into ribbons and place in a bowl.
2. Dice 2 cloves of garlic and add to the bowl.
3. Use 100ml oil, salt, pepper and oregano and mix this with the ribbons. Leave to marinate.
4. Dice the white onion, slice the red pepper and slice 3 cloves of garlic.
5. Put a large frying pan on the stove and pour in 75ml of oil.
6. Add the white onions to the oil when hot and cook them till clear.
7. Add in the garlic and drain off the 5 bean salad mix into the sink.
8. Add your sliced red peppers, baked beans and 5 bean salad mix.
9. Cook for 5 minutes, then season lightly with salt.
10. Add your passata in and stir to incorporate into the mix.
11. Add some basil, black pepper and oregano, stir, then cook for about 10 more minutes.
12. Thinly slice red onion and some basil, the thinner the better.
13. Cook your noodles in boiling water for 2 minutes.
14. Drain your noodles, place in a bowl.
15. Final season of your sauce, then place on top of your noodles.
16. Garnish with your basil and red onion slices.
17. Place the marinated courgettes around the side.