



#OggiACasaMilo

ORGANIC TROCCOLI, ZUCCHINI, CARROTS AND BAKED RICOTTA CHEESE



DIFFICULTY: 2/3



PREPARATION TIME: 30'



INGREDIENTS FOR 4 SERVINGS

350 g Organic Troccoli
250 g Zucchini
300 g Carrots
100 g Cow's milk ricotta
Salt / Extra-virgin olive oil

PREPARATION

- 1 Turn on the oven at about 160° C, season the ricotta with a bit of oil, salt and pepper and bake it for about 20 minutes.
- 2 Peel the carrots and after having rinsed and sliced them, place them in the oven with a little water for about 15 minutes; after this it will be possible to put mix them in the food processor to form a cream.
- 3 Wash the zucchini carefully, cut them into thin strips like spaghetti and leave them to marinate in a little oil and salt.
- 4 Cook the pasta slightly underdone and mix it away from the heat with the carrot cream and the zucchini spaghetti.
- 5 Complete the dish with little chunks of baked ricotta.
- 6 Serve.

