

ZUCCHINI SPAGHETTI WITH CHORIZO AND MUSHROOMS

2 persons / 424 kcal per person

Ingredients:

- 100 grams of chorizo sausage
- 2 medium onions
- 200 grams of mushrooms for pasta
- 2 cloves of garlic
- 400 grams of zucchini spaghetti
- 20 grams of pistachios
- pepper and salt



Preparation:

Cut the chorizo into slices. Chop the onions. Coarsely chop the pistachio nuts. Heat a frying pan without oil or butter and fry the chorizo over medium heat for 5 minutes until crispy. Remove from the pan and drain on kitchen paper. Fry the onion in the remaining shortening for 4 minutes. In the meantime, cut the large mushrooms into smaller pieces, zip the herbs from the sprig and finely chop the garlic. Add the mushrooms, herbs and garlic to the onion and fry for 3 minutes on high heat. Season with pepper and salt if desired. Mix in the zucchini spaghetti and heat for 3 minutes, stirring. Divide the chorizo and pistachio on top and serve.

Nutritional value per person:

Energy:	424 kcal
Protein:	20.6 grams
Carbohydrates:	22.2 grams
- including sugars:	15.9 grams
Fat:	27.2 grams
Fiber:	4.6 grams
Salt:	1.6 grams