

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Linguine with zucchini

Suggestions: a very quick to make and rich of flavour Spring recipe which is full of minerals like iron, magnesium, calcium, potassium and vitamins such as folate, provitamin A ( $\beta$ -carotene), vitamin A, C and B6.

### Instructions

**extra virgin  
olive oil**



**spring**



**zucchini**



**onions**

Heat in a pan some extra virgin olive oil with some finely chopped spring onions and zucchini.

**chillies**



**sea salt**



**turmeric**

Mix it all well and let it cook for a while, then add some fresh or dry chillies, some sea salt, some tumeric powder and let it cook at low heat.

**coconut milk**



**linguine**



Add some coconut milk to it so that the sauce will get some liquid and let it cook down for another while. Cook some linguine pasta in another pot and when the sauce is ready put the drained linguine into the pan and mix it all well together.

**black**



**pepper**



**coriander**

Serve the linguine with some ground black pepper and some fresh coriander or any fresh herb you like.



If you like this recipe, I would like to read your comments!

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