

The

RAW Food

# Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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## 2 Minute Zucchini Fettuccini with Asparagus and Dried Olives

### Ingredients

1 Large firm Zucchini – Courgette

2 Green Asparagus

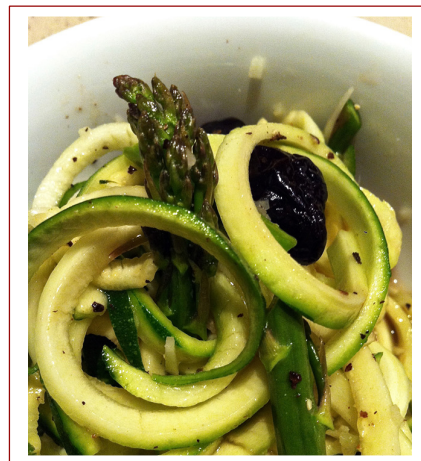
1 Glove of garlic

6 Dried Olives

1 Lime

Macadamia Oil

Seasoning



### Instructions

Spiralise the zucchini leaving the green skin on into a large bowl

Add the sliced bite size asparagus and finely diced garlic

Squeeze half a Lime into the bowl and add a drizzle of macadamia or olive oil

along with olives and season with sea salt and cracked pepper. Add more lime for taste if preferred.

Toss the entire contents of the prep bowl before placing in a nice serving bowl. These ingredients as is would serve 3-4 people comfortably.

**Note:** For spiralsing your vegetables your can use a hand operated GEFU model or a bench mounted machine with a winding handle. I find the GEFU more convenient.