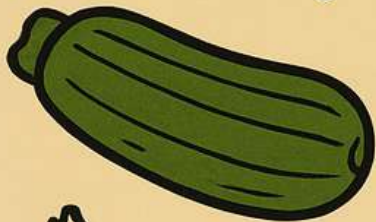


Ingredients

(2 people who want gentleness)



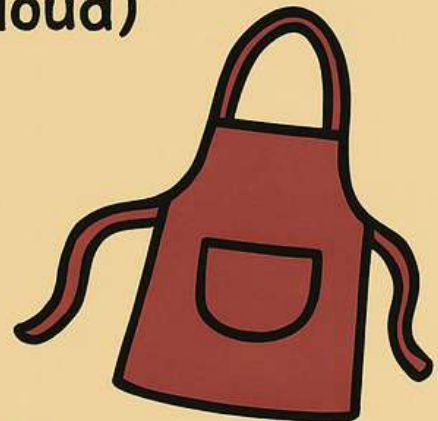
200 g pasta
(the kind you have
on hand... or in the
back of the cupboard)



1 clove garlic
(if you're not afraid
to breathe loud)



1 tbsp cream
(veg, whatever
you like here)



Olive oil,
salt, pepper
(the classics,
like in all
recipes)



+ un mug
«calme intérieur»,
for style)

Preparation

(always for 2 calm or tired people)

1. Cut your zucchini.

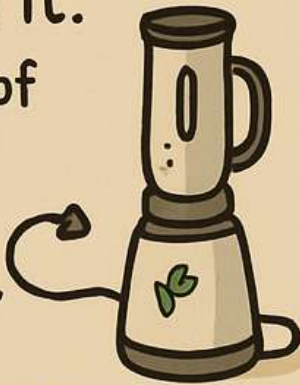


4 Let it cook.

In water or steam.
Meanwhile, you can
breathe deep
(or think a rien),
that's autorised)

3. Blend it.

With a bit of
olive oil,
garlic
(if you like),
cream,
salt and pepper.



5. Cook the pasta
with cream.

There you go.
It's easy.
Like a notification-free
afternoon.

4. Cook the pasta.

Regardless of the shape,
it's all going on your plate
anyway.



+ Variante:

Some lemon zest for
flavor without pushing

A cloud of Parmesan
or nutritional yeast,
if it appeals.