



Saffron, Courgette & Pine Nut Fettuccini

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1 large finch saffron thread
¼ cup boiling water
half a 500g packet dried fettuccini
2 courgettes
2 carrots
425g [Urban Appetite White Wine & Lemon Cream Sauté Sauce](#)
35g pine nuts, toasted
1 handful grated parmesan



Soak saffron in the boiling water for half an hour to release its colour and flavour. Cook the pasta in plenty of simmering water for 9 minutes then drain. Peel the carrots and discard the skin. Continue to peel the carrots all the way to the core to create ribbons. Peel the courgettes leaving the skin on and turning the courgette slightly as you peel to create ribbons with a green line down one side.

In a large pot or deep pan, pour in the Urban Appetite White Wine & Lemon Cream Sauté Sauce and saffron water. Add the vegetable ribbons, pine nuts and parmesan. Stir until it comes to a simmer. Add the fettuccini and coat in the hot sauce. When the sauce begins to simmer again, remove from the heat. Distribute evenly into 4 warm serving dishes and serve immediately.

Serves 3-4