

Recipes and Tips



Courgettes Butter Pasta

Yield: 4 to 6 servings

1 tablespoon extra-virgin olive oil, plus more for serving
4 medium courgettes, coarsely grated
6 garlic cloves, finely chopped
Salt and pepper
250 ml vegetable stock
60 gr unsalted butter
500 gr fusilli or other short pasta
120 gr finely grated Parmesan, plus more for serving
3 tablespoons lemon juice (from 2 lemons)
240 gr cup toasted walnuts, roughly chopped

Heat a large 12-inch skillet on medium-high. When hot, drizzle with the olive oil and add the courgettes and garlic. Season generously with salt and pepper and stir to combine.

Add the stock, reduce heat to medium and cook, stirring occasionally, until the stock has reduced and the courgette is very tender but not dry, 15 to 20 minutes. (There should still be a small amount of liquid.) Add the butter and stir until it is melted and courgette has mostly broken down to form a thick, chunky sauce, about 2 minutes. Taste and season with salt and pepper.

Meanwhile, bring a large pot of salted water to the boil. Add the pasta and cook until al dente. Reserve some of the pasta cooking water, then drain.

Add the drained pasta, Parmesan and lemon juice to the zucchini and stir to combine, adding some pasta cooking water to loosen it up. Taste and season again with salt and pepper.

To serve, drizzle with olive oil, and top with more grated Parmesan and walnuts.