

Eat The View

Recipes and Tips

Caramelized Courgette Pasta

Serves 4

2 tablespoons unsalted butter
2 tablespoons extra-virgin olive oil
2 pounds courgettes, coarsely grated (about 3 large courgettes)
8 garlic cloves, peeled and smashed
½ cup basil leaves, plus more for serving
salt and black pepper
1 pound pasta, reserve two cups of the pasta water
½ ounce finely grated Parmesan, plus more for serving
1 tablespoon lemon juice

In a large (at least 12-inch) cast iron skillet over medium-high heat, melt the butter and oil. When it's foaming, add the courgette, garlic, and half the basil leaves. Season with 1 ¼ teaspoons salt and a few grinds of pepper. Cover and cook until pooling with liquid, 5 to 7 minutes. Uncover and cook until the liquid evaporates and the courgettes starts to sizzle, 7 to 10 minutes.

Continue to cook until the courgette is very soft, dark green, and reduced to about 8 ounces by volume, another 20 to 25 minutes. When you see a build-up of browned bits on the skillet, add a couple tablespoons of water and stir, scraping up the browned bits. Repeat anytime more browning occurs. If you see burning, lower the heat.

Caramelized courgettes can be made ahead and refrigerated for up to a week; it also freezes well.

Reduce the heat on the courgettes to medium, then add the pasta, 1 cup pasta water, and the Parmesan. Stir until the pasta is glossed with sauce. Add more pasta water as needed to thin the sauce. Stir in the lemon juice and remaining basil, then season to taste with salt and pepper. Serve with more basil, Parmesan and black pepper.