



With minimal ingredients, this simple dish is delicious and ready in minutes. Inspired by a traditional Italian dish from the Amalfi Coast, the addition of chili flakes gives a punch of flavor. The starchy cooking water emulsifies with the zucchini and cheese to create a silky-smooth sauce without any added cream.

Ready in Minutes

SPICY ZUCCHINI PASTA

INGREDIENTS

4 Tbsp/60 ml olive oil
2 garlic cloves, crushed
1 shallot, sliced
1 tsp/5 ml dried chili flakes, to taste
2 zucchini, cut in half, thinly sliced
zest and juice of 1 lemon
sea salt and cracked black pepper, to taste
½ cup/125 ml shredded dairy-free Pecorino, to taste
fresh basil leaves, chiffonade and whole for garnish
drizzle of olive oil

METHOD:

Heat the olive oil in a large sauté pan over medium-low heat. Add the shallots, garlic, and chili flakes; cook until the mixture softens and is translucent. Add the sliced zucchini and cook until golden brown, about 20 minutes.

Cook the pasta in a large pot of salted boiling water until cooked al dente. Drain, reserving a cupful of the cooking water. Remove the pan from the heat, add the starchy pasta water and cheese, and stir until smooth. The starchy water will emulsify with the fried zucchini and cheese. It is important to add off the heat if you are using dairy cheese so the mixture won't clump and become greasy. Add the pasta and toss until coated.

Season with salt and pepper, sprinkle with lemon zest and chopped basil, and add extra chili flakes if desired. To serve, divide the pasta onto individual serving plates. Drizzle with extra virgin olive oil and garnish with basil leaves.