

ESSY'S ESSENTIALS



Recipe No. 06

COURGETTE PASTA WITH TOASTED BREADCRUMBS

A simple summer supper • Serves 4

Ingredients

300 g pasta
2 tbsp olive oil
40 g fresh breadcrumbs
1 tbsp butter
1 garlic clove, finely sliced
2 courgettes, ribboned or grated
zest of 1 lemon
40 g grated Parmesan
small handful basil or parsley
sea salt
black pepper

Method

1. Cook the pasta in salted water until al dente.
2. Heat 1 tbsp olive oil with the butter and toast the breadcrumbs until golden. Set aside.
3. Add the remaining olive oil to a pan and cook the garlic and courgettes for 4 minutes.
4. Drain the pasta and toss with the courgettes, lemon zest, Parmesan and a splash of pasta water.
5. Season with salt and black pepper, then finish with the toasted breadcrumbs and herbs.

Essy's Notes ♥

Finish with extra lemon zest just before serving for a brighter summer feel.