



Courgette Pasta

Serves 2

160g.	whole meal pasta
2	courgettes
1	lemon zest & juice
Pinch	chilli flakes[optional]
1tbsp	olive oil
20-40g	pine nuts
	Salt/pepper

Method

- Cook pasta as per instructions.
- As pasta cooks grate the courgettes with the coarse side of a cheese grater into a cloth tea towel, grab all 4 corners of the tea towel and twist the grated courgette until you cannot get any more liquid on of them.
- When pasta is cooked drain and return to the pot and add 1-2 tbsp of olive oil and mix well and cover with lid to keep warm
- Heat the oil in a wide frying pan (a little bit over half on your dial), add a tea spoon of lemon zest and the pine nuts and cook for about 5 mins.
- Add the grated courgette and toss until warmed through.
- Add pasta to courgette mix and toss well.
- Add lemon juice. (I like this dish with a zing of lemon, so I would all the juice of the lemon, add half mix well, taste and adjust)
- Season with salt and pepper, taste and adjust.
- Enjoy!