

Zucchini Pasta with tomato, basil and garlic sauce

This zucchini pasta is surprising tasty. Uncooked zucchini, particularly organic zucchini, has a lovely al dente texture. This quick and easy recipe can be adapted with a number of sauces – fresh pesto is fantastic as is Bolognese sauce (Zorba's favourite).

Ingredients

2 zucchini (organic for superior taste)
3 tablespoons olive oil
2 cloves garlic, sliced
Handful fresh basil
1 chilli
2 cans whole Italian tomatoes
1 tablespoon red wine vinegar
Parmesan cheese (to taste), grated
Salt and pepper (to taste)



Method

Slice zucchini lengthways with a julienne slicer (take care not to slice yourself). Pat the sliced zucchini dry with a paper towel.

Pick leaves off the handful of basil. Chop basil stalks and cook with the whole chilli (stab it a few times so it doesn't explode), 2 cloves of sliced garlic in a saucepan with a good glug of olive oil on medium heat. Once garlic softens, add two cans of whole Italian tomatoes, the red wine vinegar and a can of water. Add salt and pepper. Stir and simmer for 30 minutes (lid off) on medium / low heat. Taste and adjust seasoning.

To serve, remove the chilli, pour half the sauce over the raw zucchini and stir through to mix.

Portion into bowls and top with the remaining sauce, fresh cracked black pepper, a splash of good olive oil and freshly grated parmesan cheese.

Serves 2

Notes

- Add 2-3 anchovies with the garlic to increase depth of flavour
- Zucchini pasta works well with Bolognese sauce and pesto
- If you prefer your zucchini cooked, blanch the zucchini for a 20 seconds
- Have you made a version of this that was delicious? I'd love to hear about it! Please leave a comment on Travelletto.com or on Facebook <https://www.facebook.com/Travelletto>

