



FAST. EASY. FRESH.

# SIMPLEST ZUCCHINI PARMESAN PASTA WITH TOMATOES AND FRESH BASIL

**1.** Bring a large pot of salted water to a boil. Once boiling, add the **pasta shells** and cook for 8 minutes, or until al dente. Reserve ¾ cup of the cooking water and then drain and set aside.

**2.** Meanwhile, dice the **zucchini** and peel and mince the **garlic**. Pick the leaves off the **thyme** by running your fingers down the stems in the opposite way that the leaves grow. Cut the **grape tomatoes** in half.

**3.** In a large pan, heat the **olive oil** over medium heat. Add the **zucchini, garlic, red chili flakes, thyme**, then season with **salt** and **pepper** to taste. Cook, stirring occasionally until the squash is caramelized and golden brown, about 5-8 minutes.

**4.** Using a potato masher, mash down the zucchini until it becomes a chunky sauce. Add 2/3 cup of **reserved pasta water** and the **grape tomatoes** and bring to a simmer over medium heat.

**5.** Add the pasta, **butter**, and **parmesan**, and toss everything together until melted. Add more pasta water if the sauce starts to get too thick.

**6.** To serve, remove the pasta from the heat and add roughly torn **basil** and season with salt and pepper to taste. Mix to combine, then divide into dishes. Enjoy!



## Ingredients (4 Person Serving – 683 Calories Per Serving)

Shell Pasta	450 g		
Olive Oil	2 Tbsp.	Red Chili Flakes	¼ tsp.
Green Zucchini	2 Large	Grape Tomatoes	30
Garlic	4 Cloves	Salted Butter	28 g
Fresh Thyme	Few Sprigs	Parmesan	90 g
		Fresh Basil	32 g
		Salt and Pepper	To Taste

# 30 Minute Cook Time!