

SIMPLEST ZUCCHINI PARMESAN PASTA WITH TOMATOES AND FRESH BASIL

■. 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.

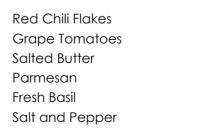
5. Add the pasta, butter, and parmesan, and toss everything together until melted. Add more pasta water if the sauce starts to get too thick.

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.
Green Zucchini	2 Large
Garlic	4 Cloves
Fresh Thyme	Few Sprigs



¹/₄ tsp. 30 28 g 90 g 32 g To Taste

