



SIMPLE ZUCCHINI PARMESAN PASTA WITH TOMATOES AND FRESH BASIL

FAST. EASY. FRESH.

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 1/3 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 (2 Person Serving – 683 Calories Per Serving)

Shell Pasta	225 g	Red Chili Flakes	1/8 tsp.
Olive Oil	1 Tbsp.	Grape Tomatoes	15
Green Zucchini	1 Large	Salted Butter	1 Tbsp.
Garlic	2 Cloves	Parmesan	45 g
Fresh Thyme	Few Sprigs	Fresh Basil	16 g
		Salt and Pepper	To Taste

30 Minute Cook Time!