



FAST

Zucchini Goat Cheese Pasta

with Mint and Pistachios



20-30min



2 Portions

If this sunny dish were any easier, it would cook itself. You simply toast pistachios, pan-fry zucchini and garlic, then toss them with spaghetti, lemon, rocket, mint and crumbled goat's cheese. A smattering of dried chilli flakes and a twist of the pepper grinder and you're there. Dinner in minutes flat.

What we send

- rocket leaves
- spaghetti ¹
- marinated goat cheese ⁷
- chilli flakes
- lemon
- pistachios ¹⁵
- mint, garlic
- zucchini

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- sea salt and pepper

Utensils

- colander
- large frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Add chilli flakes to suit your heat preference.

Allergens

Gluten (1), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 765kcal, Fat 36.5g, Carbs 74.6g, Proteins 28.4g



1. Slice zucchini

Read through the recipe. Bring a large saucepan of salted water to the boil for the spaghetti. Halve the **zucchini** lengthwise, then thinly slice on an angle. Thinly slice the **garlic**.



4. Cook zucchini

While the spaghetti cooks, pour **2 tbs of the goat cheese oil** into the frypan, reserving the cheese. Heat over medium-high heat. Cook the **zucchini**, stirring occasionally, for 3 mins then add the **garlic** and cook for 2-3 mins, until the zucchini is tender.



2. Toast pistachios

Put the **pistachios** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan. Allow to cool slightly, then coarsely chop.



5. Prepare ingredients

Meanwhile, finely chop the **mint** leaves, discarding the stems. Juice **half the lemon** and cut the remaining lemon into wedges.



3. Cook spaghetti

Cook **three-quarters of the spaghetti**** in the pan of boiling water for 8 mins or until al dente. Reserve **60ml (1/4 cup) cooking liquid** from the spaghetti, then drain. Return the spaghetti to the pan and keep warm.



6. Get ready to serve

Add the **lemon juice, reserved cooking liquid** and **spaghetti** to the pan. Season with **salt and pepper**. Crumble in the **goat's cheese**, add the **rocket** and **mint** and toss to combine. Divide among bowls with the **lemon wedges**. Scatter with the **pistachios** and **chilli flakes** (see cooking tip), to serve.