



Pan-fried zucchini linguine

with roasted almonds and capers



A fresh-style pasta dish, with salty capers, rich roasted almonds and fresh mint. The naturally creamy zucchini lends itself perfectly to become a thick and cheesy sauce.

Great for leftovers, Quick & easy



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, large frying pan



Pantry items needed: olive oil, salt



Hands-on: 20 minutes
Ready in: 20 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Linguine pasta	1 packet	1 packet
Zucchini	250g	500g
Mint	10g	20g
Lemon	100g (half)	100g
Garlic	8g	16g
Olive oil*	1 tbsp	2 tbsp
Capers	1 tub	1 tub
Salt*	1/2 tsp	1 tsp
Nutritional yeast	1 packet	1 packet
Roasted slivered almonds	1 packet	1 packet
Vegan parmesan	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta

Fill a large pot $\frac{3}{4}$ -full with water and bring to a boil. Add **linguine** and cook for **10 minutes**. Reserve **pasta water (1½ cups for 2 serves and 3 cups for 4 serves)** before draining **pasta**.

2. Prepare vegetables

Thinly slice **zucchini**. Pick **mint** leaves. Juice and zest **lemon (½ for 2 serves and 1 for 4 serves)**. Mince **garlic**.

3. Cook zucchini

In a large frying pan over medium heat, add **olive oil***. When hot, working in batches if needed, add **zucchini** into pan in a single layer and allow to cook until starting to brown, about **3 minutes** on each side.

4. Make sauce

Place **mint, lemon zest, garlic, capers, salt*, nutritional yeast** and **half of almonds** onto a chopping board and roughly chop until a cohesive mixture forms. Add **half** the quantity of cooked **zucchini** and roughly chop.

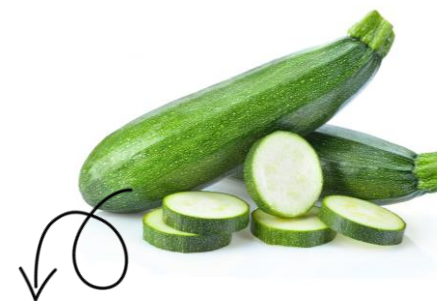
5. Assemble pasta

In the same frying pan over medium heat, add **pasta, sauce, pasta water, lemon juice** and remaining **zucchini** and toss to combine. Allow to simmer until thickened, about **1 minute**.

5. Serve

Serve **pan fried zucchini linguine** into bowls and top with **vegan parmesan** and remaining **almonds**.

Eat your way
to healthy!



Zucchinis are rich in fibre and multiple antioxidants, vitamins and minerals, including lutein, manganese, potassium, magnesium and vitamins A, C, B9 and K.

Zucchini have been linked to a variety of health benefits, including improved digestion, heart and eye health, improved weight and blood sugar management, lowered risk of diabetes and certain cancers and overall enhanced immunity.

Nutritional information*

	Per 315g serve	Per 100g
Energy	2812kJ (673 Cal)	893 kJ (214 Cal)
Protein	20.4g	6.5g
Fat, total	20.4g	6.5g
- Saturated	3.9g	1.2g
Carbohydrate	96.0g	31.0g
- Sugars	4.0g	0.3g
Sodium	679mg	216mg

* Nutritional information is based on averages