

Pasta with Asparagus and Courgette

By Sean Pettit



Prep Time: 10 mins

Makes: 4

Difficulty: Easy

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- sea salt
- 4 small courgettes, 2 diced and 2 grated
- 3 garlic cloves, grated or finely chopped
- 1 bunch thin asparagus spears, trimmed and stalks cut into 3 pieces each • 1/4 cup dry white wine
- 1–2 tsp capers, rinsed and chopped
- zest of 1 lemon
- 12oz (350g) dry penne pasta or other tube-shaped pasta
- handful of flat-leaf parsley, finely chopped
- Parmesan cheese, grated, to serve

Method

1. Heat the oil in a large frying pan, add the onion and a pinch of salt, and cook over low heat for 5 minutes or until soft and translucent.
2. Add all the courgettes and cook, stirring occasionally, for 10 minutes or until it has cooked down and softened. Don't allow it to brown.
3. Stir in the garlic and asparagus.
4. Add the wine, raise the heat, and allow to boil for 2–3 minutes, then return to a simmer.
5. Cook for 2–3 minutes, or until the asparagus softens, then remove from the heat and stir in the capers and lemon zest.

6. For a creamier sauce, add a splash of cream once the wine cooks down, during the final minutes of cooking.
7. Meanwhile, cook the pasta in a large pot of boiling, salted water for 10 minutes or until it is tender but still has a bit of bite to it.
8. Drain, reserving a tiny amount of the cooking water.
9. Return the pasta to the pot with the reserved cooking water and toss together.
10. Add the zucchini mixture and parsley, then toss again.
11. Sprinkle with Parmesan and serve.