



## COURGETTE PASTA WITH COURGETTE BALLS

<b>Season:</b>	<b>Summer, autumn</b>
<b>From the garden:</b>	<b>Courgette, chilli</b>
<b>Type:</b>	<b>Main</b>
<b>Difficulty:</b>	<b>Medium</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b>GTT</b>

### **Equipment**

- \*chopping board and knife**
- \*grater**
- \*kitchen scales**
- \*bowls**
- \*large saucepan**
- \*frying pan**
- \*wooden spoon**
- \*colander**
- \*measuring cup**

### **Ingredients for courgette pasta**

- \*2 med. courgette**
- \*60 g cheese (parmesan or tasty)**
- \*2 cloves garlic**
- \*1 chilli (optional)**
- \*500 g dried pasta (any shape)**
- \*salt and pepper**
- \*oil for frying**
- \*reserved pasta cooking water (30 ml)**

### **For the courgette balls:**

- \*chopping board and knife**
- \*grater**
- \*bowls and mixing spoon**
- \*2 med. courgette**
- \*2 eggs**
- \*1 clove garlic**

**\*clean tea towel**

**\*kitchen scales**

**\*baking tray**

**\*100 g breadcrumbs**

**\*50 g cheese (parmesan or taste)**

**\*salt and pepper to taste**

## **Method**

**1.preheat the oven to 200 degrees**

**2.for the courgette balls, grate the courgette and cheese**

**3.peel and chop the garlic**

**4.place grated courgette in a clean tea towel, hold the corners up, and squeeze out as much liquid as possible**

**5.add the courgette, cheese, bread crumbs, egg and around a teaspoon of salt and a few grinds of pepper into a bowl and mix**

**6.roll the mixture into walnut sized balls and place on the baking tray**

**7.bake for around 12-15 minutes until golden brown**

**8.remove the tray from the oven and keep the courgette balls warm while you make the pasta**

**9. for the pasta, grate the courgette and cheese**

**10.use a tea towel again to squeeze out the courgette liquid**

**10.peel and chop the garlic, deseed and chop the chilli**

**11.fry the garlic, chilli and the grated courgette in a little olive oil till softened**

**12.season with salt and pepper**

**13.cook the pasta in a large saucepan of boiling, salted water till “al dente” (around 10-12 minutes, depending on the shape of the paste)**

**14.before draining the cooked paste, reserve around 30ml of the cooking water**

**15.put the drained pasta back into the saucepan and add the grated cheese, reserved cooking water and the fried courgette**

**16.mix everything together and place on a serving plate, top with the courgette balls**

**Notes:**

**Skills: measuring, *mixing, grating, frying, baking***

