



Cooking Made Easy

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## Zucchini Linguine with Cherry Tomatoes

Perfect chunks of fetta and sweet bursting cherry tomatoes are the stars of this easy pasta. Our favourite part about this dish is how the julienned strips of zucchini soak up all the flavour and help it to coat the linguine. Do as the Italians do and drizzle over some olive oil, and squeeze of lemon and a good grind of salt and pepper to complete your authentic Italian moment.



**Prep:** 5 mins  
**Cook:** 15 mins  
**Total:** 20 mins



level 1



Linguine



Garlic



Lemon



Long Chilli



Zucchini



Cherry Tomatoes



Rocket



Fetta

2P	4P	Ingredients
250 g	500 g	linguine pasta
3 tbs	6 tbs	olive oil *
2	4	garlic cloves, peeled & crushed ⊕
1	2	lemon, zested & juiced ⊕
1	2	long chilli, diced
1 punnet	2 punnets	cherry tomatoes, halved
2	4	zucchini, grated <b>A</b>
1 tbs	2 tbs	white wine vinegar *
100 g	200 g	rocket, washed ⊕
1/2 block	1 block	fetta, crumbled ⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2370	Kj
Protein	16.4	g
Fat, total	40.2	g
-saturated	10.4	g
Carbohydrate	32.7	g
-sugars	10.6	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Bring a pot of salted water to the boil, add the **pasta** and cook for about **8-10 minutes** or until al dente. Don't forget to stir your pasta regularly to ensure it doesn't stick! Drain, but make sure you reserve a little of the cooking water for later. Rinse the pasta under cold running water to prevent it from going gluggy.



**2** Heat the **olive oil** over a medium-high heat and sauté the **garlic**, **lemon zest**, and **chilli** for about **2 minutes**. Throw in your **tomatoes** and continue to cook for a further minute. Add the grated **zucchini** and cook stirring for about **2 minutes**, then add the **white wine vinegar** and cook for a further minute. Add the linguine to the pan, gently toss and heat through heat through with reserved cooking water, for about **2 minutes** or until warm. Season well with **salt** and **pepper**.



**3** Remove the pan from the heat and toss through the **rocket leaves** and **lemon juice**. Sprinkle with **fetta** just before eating and if you think fetta makes everything better, add a little bit more. This pasta tastes great hot or cold, so if you have left overs it is a fab lunch box treat!

