

Pasta con zucchini
e menta

*Pasta with zucchini
and mint leaves*



Recipe

PASTA ZUCCHINE & MENTA [PASTA WITH ZUCCHINI AND MINT LEAVES]

Preparation time: 40 minutes

Difficulty: ● ● ● ● ●

Wine Pairing: Etna Bianco - 100% Carricante. Notes of white acacia flowers, fresh almonds and mountain peaches lead into a palate that is juicy and with hints of yellow plums and prickly pear.

Ingredients - Serves 4

400 G / 14 OZ. LONG PASTA

400 G / 14 OZ. WHITE ZUCCHINI

1 SPRIG OF MINT LEAVES

1 GLASS PLANETA EXTRA-VIRGIN OLIVE OIL

Preparation

Use a mandoline or a sharp knife to slice the zucchini as thin as possible, making sure they're all the same thickness. Heat some oil in a pan (no more than a third full), lower the zucchini into the oil and fry until dark golden. Dry the zucchini carefully and set aside; if possible, filter the zucchini oil through a strainer. Bring a large pot of lightly salted water to boil and cook the pasta, which should be long-bavette (thin ribbon-like pasta) would be ideal. Drain when al dente. Toss the pasta with the fried zucchini, two tablespoons of the zucchini cooking oil and fresh mint leaves. For a variation, add capers from Salina, or toasted, coarsely ground pistachios, or grated zest of lemon. You can also sprinkle the pasta with Parmigiano Reggiano. At our home, however, this pasta is traditionally served as simple as possible, without too many ingredients.

