

COURGETTE & BACON PASTA

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The courgette pasta dish is a weeknight wonder, it's easy to pull together and in minutes we can enjoy its fresh and healthy taste. Also, it's super versatile, serve with your favorite sauce and cheese! The courgette is one of the most popular of the squash family, easy to cook and if you combine it with homemade pasta, you'll find yourself in heaven immediately.

INGREDIENTS: 1 tsp olive oil / 150g diced smoked bacon / 4 courgettes / 1 garlic clove, crushed / handful freshly grated parmesan / 200g low-fat crème fraîche / 300g tagliatelle

INSTRUCTIONS: Heat the olive oil in a large frying pan and sizzle the pancetta or bacon for about 5 mins until starting to crisp. Turn up the heat and add the grated courgette to the pan. Cook for 5 mins or until soft and starting to brown then add the garlic and cook for a minute longer. Season and set aside.

Cook the tagliatelle according to the pack instructions and scoop out a cupful of cooking water. Drain the tagliatelle and tip into the frying pan with the bacon and courgette. Over a low heat toss everything together with the crème fraîche and half the Parmesan adding a splash of pasta water too if you need to loosen the sauce. Season to taste and serve twirled into bowls with the remaining Parmesan scattered over.

