



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)
You'll be entered into our weekly photo contest!

Positano Pasta with Courgettes, Mozzarella and Black Olives

Head Chef Patrick just got back from (what he is calling) a 'cooking reconnaissance mission'. This time we were told it was 'absolutely necessary' that he carry out some research in Positano on the Amalfi coast and we've gotta say the results are looking promising so far. This dish is a simple, yet utterly delicious local favourite made with mozzarella cheese from the region. We sourced the best mozzarella we could find so that you could faithfully recreate it in the comfort of your kitchen. Buon appetito!



20 min



veggie



Courgette



Fusilli



Black Olives



Garlic Clove



Mozzarella



Basil



Hard Italian Cheese

Ingredients

	2P	4P
Courgette, chopped	2	3
Fusilli 1	220g	440g
Black Olives, chopped	3 tbsp	6 tbsp
Garlic Clove, crushed	2	3
Mozzarella 2	1 ball	2 balls
Basil, torn	3 tbsp	5 tbsp
Hard Italian Cheese 2	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 667 kcal | Protein: 35 g | Carbs: 86 g | Fat: 19 g | Saturated Fat: 11 g



1 Boil a large pot of water for your pasta with $\frac{1}{4}$ tsp of salt. Chop the very top and bottom from the courgette. Slice in half lengthways and then slice each half lengthways into 4 strips. Chop the courgette into little chunks (1cm ideally).



2 Once the water is rapidly boiling add the pasta. Cook the pasta for 9 mins or until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a hint of firmness left in the middle.



3 Roughly chop the olives. Heat 1 tbsp of olive oil in a non-stick frying pan on medium-high heat. Once hot add the olives and cook for 2 mins. Remove and keep to the side but do not wash the pan.



4 Using the same pan on medium heat add 1 tbsp of olive oil. Once hot, add the courgette and cook them whilst you move to step 5. Season with $\frac{1}{4}$ tsp of salt and a few good grinds of black pepper.

5 Peel the garlic cloves and place them under the flat side of your knife on the work surface.

Give the flat of your knife a little whack with the heel of your hand to lightly crush the garlic. Add the cloves to the courgettes and continue to cook for another few mins. **Tip:** The courgettes need to be cooked for around 4-5 mins in total to keep their crunch.

6 Add the olives back into the pan. Add 4 tbsp of the pasta water to the pan and bring it up to a rapid bubble before turning off the heat.

7 Drain the pasta and add it to the pan. Tear up the mozzarella into teaspoon sized pieces and toss it into the pasta. Tear up 3 tbsp of the basil leaves and add this at the last second, together with the hard Italian cheese.

8 Serve with a drizzle of olive oil and a few good grinds of black pepper.