



Pan-Roasted Zucchini Pasta

with Pecans, Parmesan & Mint



20-30min



2 Servings

This stellar pasta dish features one of our favorite toppings: crunchy toasted pecans, fresh mint, and salty Parmesan. The trick to golden-brown zucchini is using a fair bit of oil over high heat so the slices soften and blister in the skillet. It will only take a few minutes, but resist the urge to instantly flip the zucchini so it has time to form a beautiful sear. Cook, relax, and enjoy!

What we send

- zucchini
- Parmesan ⁷
- spaghetti ¹
- fresh mint
- pecans ¹⁵
- lemon

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- box grater or microplane
- colander
- pot
- skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 976kcal, Fat 53g, Carbs 101g, Proteins 26g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Trim ends from **zucchini** and thinly slice into 1/4-inch rounds. Grate **Parmesan**. Pick **mint leaves** from stems.



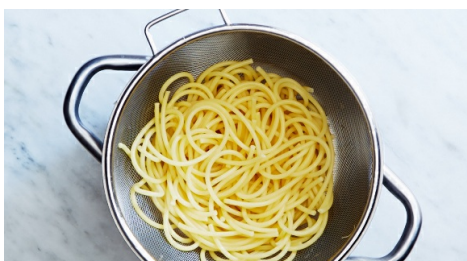
2. Toast pecans

Heat **1/4 cup oil** in a large skillet over medium-high. Add **pecans** and cook, stirring, until darkened and fragrant, about 3 minutes. Using a slotted spoon, transfer to a bowl, leaving **oil** in the skillet.



3. Start zucchini

Add **zucchini** to skillet, season with **salt** and **pepper**, and toss immediately to coat in **oil**. Increase heat to high and cook undisturbed until bottom zucchini are blistered and brown, about 2 minutes. Toss, and continue to cook, undisturbed until the next bottom layer is blistered and brown, 2 minutes more.



4. Cook pasta

Meanwhile, cook **pasta** in boiling water until al dente, about 8 minutes; drain.



5. Finish zucchini

While **pasta** cooks, continue cooking **zucchini** until all are tender and deeply browned, 6-8 minutes total. Transfer zucchini and any **oil** to a large bowl, season with **salt** and **pepper**, and add pasta.



6. Finish & serve

Gather **mint** and **pecans** together on a cutting board and coarsely chop. Add most of mint, pecans and **Parmesan** to bowl with **pasta**. Zest **lemon** over top and toss to combine. Serve **pasta** with any **remaining mint, pecans**, and **cheese**. Halve lemon and serve alongside for squeezing over. Enjoy!