

Super Quick Walnut, Olive and Lemon Fettuccine

For tonight's Quick Dish we're whisking you away to the coast of Amalfi in the south of Italy, for something zingy and refreshing. The trick to this recipe is to keep back half a cup of your pasta water just before you drain the pasta and this'll help you create a silky sauce to go with your fettuccine.



25 mins





veggie



healthy









Lemon Thyme



Courgette



Garlic Clove















Ingredients	2P	4P
Cherry Tomatoes, halved	1 punnet	2 punnets
Red Chilli, chopped	½ tsp	1 tsp
Lemon Thyme	3 sprigs	6 sprigs
Courgette, chopped	1	2
Garlic Clove, chopped	1	2
Walnuts 1	2½ tbsp	5 tbsp
Fettuccine 2	200g	400g
Capers	1 tbsp	2 tbsp
Black Olives, chopped	1 tbsp	2 tbsp
Lemon	1/2	1
Hard Italian Cheese, grated 3	2 tbsp	4 tbsp

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

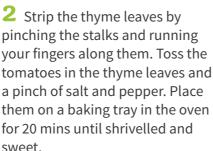
Allergens

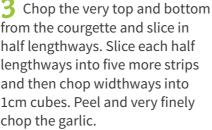
- 1) Nut | 2) Gluten
- 3) Milk

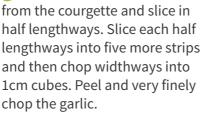
Nutrition per serving: Calories: 593 kcal | Protein: 24 g | Carbs: 90 g | Fat: 17 g | Saturated Fat: 4 g



Pre-heat your oven to 120 degrees. Boil a large pot of water with ¼ tsp of salt for your pasta. Slice the cherry tomatoes in half lengthways. Very finely chop as much chilli as you dare.







Place the walnuts in a clean tea towel and whack them gently with a saucepan to break them up slightly.



When the tomatoes are 10 mins from ready toss the pasta in the pot of boiling water. Cook the pasta until 'al dente' (i.e. cooked

through but with a slight bit of firmness left). Before you drain the pasta keep ½ cup of the starchy pasta water.

6 Heat 1 tbsp of olive oil in a frying pan on medium heat. Once hot add the chilli, courgettes, garlic and capers with a pinch of salt and cook for 5 mins. Meanwhile finely chop the olives (remove any stones). Add in the walnuts and olives and cook for a minute before moving to the next

Grate in ½ tsp of lemon zest (more if you like) and pour in the ½ cup of pasta water. As it begins to bubble tip in your pasta, the cherry tomatoes and the Italian cheese. Toss everything together and and drizzle over 2 tsp of lemon juice before serving.