



More Than Food

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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



spicy



veggie



healthy



Cherry Tomatoes



Red Chilli



Lemon Thyme



Courgette



Garlic Clove



Walnuts



Fettuccine



Capers



Black Olives




Lemon



Hard Italian Cheese

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	½	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



1 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.

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



2 Strip the thyme leaves by pinching the stalks and running your fingers along them. Toss the tomatoes in the thyme leaves and a pinch of salt and pepper. Place them on a baking tray in the oven for 20 mins until shrivelled and sweet.

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 step.



3 Chop the very top and bottom from the courgette and slice in half lengthways. Slice each half lengthways into five more strips and then chop widthways into 1cm cubes. Peel and very finely chop the garlic.

7 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 drizzle over 2 tsp of lemon juice before serving.



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

5 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

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