



Courgette & basil pasta with pesto crumbs

READY IN



55 min.

SERVINGS



6

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g penne pasta
- ☐ 5 zucchini grated
- ☐ 2 tbsp olive oil plus a little extra
- ☐ 2 garlic clove crushed
- ☐ 1 onion finely chopped
- ☐ 500 g crème fraîche
- ☐ 25 g parmesan finely grated (or vegetarian alternative)
- ☐ 1 small bunch basil for garnishing
- ☐ 85 g ciabatta bread chunk

☐ 1 handful pinenuts toasted for sprinkling

Equipment

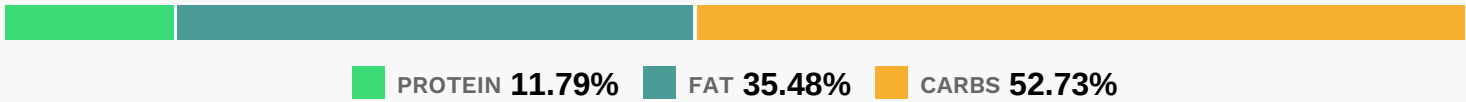
☐ frying pan

☐ oven

Directions

- ☐ Slightly undercook the pasta, then drain, reserving a ladleful of cooking water. Rinse the pasta with cold water to cool.
- ☐ Drain again, toss in a little oil to stop it sticking together and set aside while you get the rest of the bake ready.
- ☐ Fry the courgettes in oil for about 10 mins to drive off most of the liquid; they should reduce down a lot.
- ☐ Add the garlic and onion to the pan, cook for 2 mins more, then season really well and add to the pasta. Stir in most of the crme frache and half the Parmesan with seasoning, then tip into an ovenproof dish. Dollop the rest of the crme frache over the top.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Whizz nearly all of the basil, remaining cheese, bread and pine nuts together to make pesto crumbs, then scatter all over the top. Finish with a few more pine nuts.
- ☐ Bake for 20 mins until the topping is crisp and bubbling at the edges.
- ☐ Serve with a few more basil leaves scattered over.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:26.05, Inflammation Score:-8, Nutrition Score:20.658695620687%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 602.21kcal (30.11%), Fat: 23.94g (36.82%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 80.04g (26.68%), Net Carbohydrates: 75.23g (27.35%), Sugar: 9.98g (11.09%), Cholesterol: 52mg (17.33%), Sodium: 181.12mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Selenium: 57.25µg (81.79%), Manganese: 1.13mg (56.68%), Vitamin C: 31.9mg (38.66%), Phosphorus: 320.37mg (32.04%), Vitamin B6: 0.46mg (22.96%), Magnesium: 87.09mg (21.77%), Potassium: 755.89mg (21.6%), Vitamin B2: 0.36mg (21.46%), Fiber: 4.82g (19.26%), Vitamin A: 949.21IU (18.98%), Calcium: 185.59mg (18.56%), Copper: 0.36mg (18.06%), Vitamin K: 16.95µg (16.14%), Folate: 63.97µg (15.99%), Zinc: 2.15mg (14.34%), Vitamin B1: 0.18mg (11.89%), Vitamin B3: 2.29mg (11.45%), Iron: 1.91mg (10.63%), Vitamin B5: 1.02mg (10.23%), Vitamin E: 1.32mg (8.77%), Vitamin B12: 0.22µg (3.75%)