



## Michael Natkin's Peppery Absorption-Cooked Red-Wine Capellini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bunch asparagus trimmed cut into 1/2-inch lengths
- 1 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 1.5 cups cherry tomatoes halved
- 1 leaf parsley fresh minced for garnish
- 1 teaspoon rosemary leaves fresh minced
- 6 garlic clove minced

- 4 servings kosher salt
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings onion white thinly sliced
- 2 tablespoons oregano fresh
- 1 tablespoon paprika smoked
- 1.3 cups water as needed
- 1.3 cups red wine spanish as needed (I use an inexpensive Tempranillo)
- 1.5 pounds zucchini diced

## Equipment

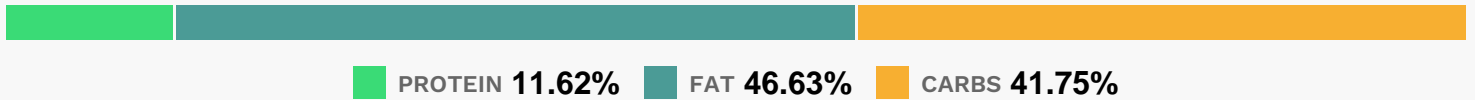
- bowl
- baking sheet
- oven
- pot
- tongs

## Directions

- Preheat the oven to 375°F. Break the capellini into approximately 3-inch lengths.
- Spread the pasta on a baking sheet, slide it into the oven, and toast, tossing occasionally with tongs, until golden brown, about 12 minutes.
- Meanwhile, heat the olive oil in a large pot (at least 5 1/2 quarts) with a lid over medium heat.
- Add the onion, garlic, and a pinch of salt and cook, allowing them only to soften and grow aromatic but not brown, about 5 minutes. Increase the heat to medium-high and add the zucchini and another pinch of salt. Sauté until the zucchini is well browned, about 5 more minutes.
- Place the noodles on top of the zucchini mixture.
- Layer the asparagus and 1 cup of the cherry tomatoes on top of that and sprinkle in the smoked paprika, black pepper, cayenne pepper, oregano, and rosemary.
- Pour the red wine and water over the top. Toss as best you can with tongs; it will be hard at first because the noodles are stiff. Return the heat to medium and cover the pot.

- Every 3 minutes, remove the lid and toss the pasta. The total cooking time will be 8 to 12 minutes. Toward the end, taste a noodle each time you remove the lid to see if it is done. If not, and there isn't any moisture left on the bottom of the pot, add a bit more wine or water, about 1/3 cup.
- When the noodles are done to your liking, taste and make any final adjustments to the seasoning.
- Transfer to serving bowls.
- Garnish with the remaining 1/2 cup cherry tomatoes, the parsley, and another grind of black pepper.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:58.75, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:25.592608845752%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 260.08kcal (13%), Fat: 11.69g (17.99%), Saturated Fat: 1.76g (11%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 16.23g (5.9%), Sugar: 10.9g (12.11%), Cholesterol: 0mg (0%), Sodium: 227.76mg (9.9%), Alcohol: 7.95g (100%), Alcohol %: 1.79% (100%), Protein: 6.56g (13.11%), Vitamin K: 84.56µg (80.54%), Vitamin C: 55.47mg

(67.23%), Manganese: 1mg (50.13%), Vitamin A: 2447.94IU (48.96%), Vitamin B6: 0.66mg (32.84%), Folate: 125.33µg (31.33%), Potassium: 1068.87mg (30.54%), Iron: 5.38mg (29.89%), Fiber: 7.33g (29.32%), Vitamin E: 4.32mg (28.83%), Vitamin B2: 0.41mg (24.17%), Copper: 0.44mg (21.78%), Vitamin B1: 0.31mg (20.46%), Magnesium: 78.82mg (19.71%), Phosphorus: 189.38mg (18.94%), Vitamin B3: 2.74mg (13.7%), Calcium: 136.36mg (13.64%), Zinc: 1.64mg (10.96%), Vitamin B5: 0.92mg (9.19%), Selenium: 4.53µg (6.47%)