

Zucchini, tomato & basil spaghetti with ricotta

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Preparation 15 mins | Cooking 20 mins | Serves 4

400g dried spaghetti
2 tbs olive oil
¼ cup pine nuts
200g mini roma tomatoes, halved lengthways
3 garlic cloves, finely chopped
2 (about 375g) zucchini, coarsely grated
½ cup small basil leaves
200g fresh ricotta, roughly crumbled
Extra virgin olive oil, for drizzling

STEP 1 Cook spaghetti in a large saucepan of boiling water following packet directions.

STEP 2 Meanwhile, heat 2 tsp oil in a large non-stick frying pan. Add pine nuts and cook, stirring often, for 2-3 minutes until golden. Remove to a plate and set aside.

STEP 3 Heat remaining 1½ tbs oil in the pan over medium heat. Add tomatoes and garlic and cook, tossing often, for 2-3 minutes. Add zucchini and cook, tossing often, for 4-5 minutes until just tender.

STEP 4 Drain spaghetti and return to the pan. Add tomato mixture and gently toss over low heat until combined. Toss through basil and ricotta, season with salt and pepper and serve. Drizzle with extra virgin olive oil.

Good for you... ZUCCHINI

A source of vitamin C and folate. Vitamin C helps us absorb iron from foods and both these vitamins contribute to the normal functioning of the body's immune system. Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.

