

Fusilli Aglio e Olio

with Zucchini and Smoked Mozzarella

Aglio e olio is a staple Italian pasta dish, using simple ingredients like garlic and chili flakes to create big flavours! Lightly toasting garlic in olive oil is what gives this dish its signature flavour – if you love garlic, you'll love this dish!



Prep 30 min



Veggie







Zucchini



Carlic



Smoked Mozzarella



Parsley



Chili Flakes

Ingredients		2 People *Not Included ==
Fresh Fusilli	1)	1 pkg (227 g) .⊆
Zucchini		2 Allergens
Garlic		2 pkg (20 g) 1) Wheat/Blé ==
Chili Flakes 🥔		1 pkg (½ tsp) 2) Milk/Lait
Parsley		1 pkg (10 g)
Smoked Mozzarella	2)	1 pkg (1 cup) = 5 .⊆_
Olive or Canola Oil*		113 g Tools
		Medium Pot, Large Non-Stick

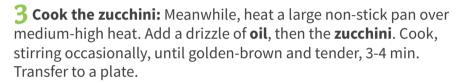
Nutrition per person Calories: 561 cal | Fat: 20 g | Protein: 24 g | Carbs: 70 g | Fibre: 3 g | Sodium: 297 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**. Finely chop the **parsley**.

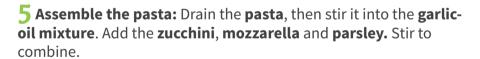
Pan. Strainer

2 Cook the pasta: Add the fusilli to the boiling water. Cook until tender, 5-6 min.





4 Toast the garlic: Reduce the heat to medium-low. Add another drizzle of oil to the same pan, then the garlic and as much chili flakes as you like. Cook, stirring often, until the garlic just starts to turn golden, 2-3 min. (TIP: Keep your eye on the garlic so it doesn't burn!) Season with salt and pepper.





6 Finish and serve: Divide the fusilli aglio e olio between bowls. Enjoy!