



APR  
2017

## 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



Fresh Fusilli



Zucchini



Garlic



Smoked  
Mozzarella




Parsley



Chili Flakes

## Ingredients

		2 People
Fresh Fusilli	1)	1 pkg (227 g)
Zucchini		2
Garlic		2 pkg (20 g)
Chili Flakes 		1 pkg (½ tsp)
Parsley		1 pkg (10 g)
Smoked Mozzarella	2)	1 pkg (1 cup)
Olive or Canola Oil*		113 g

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

## Tools

Medium Pot, Large Non-Stick Pan, Strainer

Ruler

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**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



**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**.

3



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

**3 Cook the zucchini:** Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **zucchini**. Cook, stirring occasionally, until golden-brown and tender, 3-4 min. Transfer to a plate.

5



**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**.

**5 Assemble the pasta:** Drain the **pasta**, then stir it into the **garlic-oil mixture**. Add the **zucchini**, **mozzarella** and **parsley**. Stir to combine.

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

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