

Antonella's Kitchen

taste the culture!



Spaghetti with zucchini flower sauce.

Cooking time 10 minutes

prep. time 5 minutes

Serve 4

Ingredients

- 280g / 6oz Linguine
- 10 zucchini flowers
- 4 anchovy fillets
- 2 clove of garlic
- Extra virgin olive oil
- seasoning

Method

1. Fill a tall saucepan with enough water to boil the spaghetti. Bring the water to the boil .
2. Add the spaghetti and salt. Check the packet for cooking time.
3. Preparing the flowers – Gently clean the flowers using a damp paper towel.
4. Chop the stalks into short pieces, then cut the flowers lengthwise into halves or quarters. Put the flowers to one side.

Preparing the sauce

1. Add three tablespoons of olive oil to a frying pan.
2. Add the garlic cloves and the anchovy fillets. Heat gently in the pan and, using a wooden spoon, stir the anchovies until they melt.
3. Add the zucchini flower petals and stir for a minute or two. Turn off the heat off.
4. When the pasta is 'al dente' drain it.
5. Stir the pasta in the sauce for a minute. Serve.

Notes _____

