



SEARED COURGETTE & CARROT TOP PESTO PASTA

In what will forever be known as the great courge-pocalypse of 2021, I mixed up a tray of pumpkin seedlings with one of courgettes. I ended up with no less than 11 courgette plants and roughly 6 million courgettes. If using up all your courgettes was an olympic sport, I would be here for it.

FOR THE PESTO:

300G CARROT TOPS

60ML (ABOUT ½ CUP) OLIVE OIL

50ML LEMON JUICE (ABOUT 2 LEMONS)

75G (ABOUT ½ CUP) PARMESAN OR HARD
ITALIAN CHEESE ALTERNATIVE

1 CLOVE OF GARLIC

20G SALT

FOR THE PASTA:

500G FUSILI PASTA, COOKED.

2-3 COURGETTES, CUT IN 1CM(½ INCH)
ROUNDS

METHOD:

1. Place the ingredients for the pesto in a food processor and mix well. You may need more or less olive oil.
2. Heat a skillet on the stove with a small amount of oil. Place the cut side of the courgettes down and sear for 2-3 minutes until they start to turn brown. Repeat on the other side.
3. Let the courgettes cool.
4. Mix the pasta, pesto and courgettes together in a large bowl. Serve hot or cold.