



## FREGOLA SARDA

With zucchini and parmesan

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## FREGOLA SARDA



### Serves

2 people (Recipe can be doubled)

Ingredients available at Mediterranean Foods

### Ingredients

- 170g Fregola Sarda
- 60g Parmesan
- Olive oil
- Sea Salt
- Freshly ground black pepper
- Handful of pine nuts, toasted (optional)
- 2 Medium zucchini, about 280g
- 2 Handfuls cherry tomatoes (optional)

*Bring salted water to a boil in a medium saucepan over high heat. Add the pasta, bring back to a simmer, and cook over medium-high heat for 12 minutes. (The mileage of your fregola sarda may vary, but mine takes 14 minutes to be 'al dente'.)*

*While the water is heating and the pasta is boiling, cut the zucchini in thinnish half-moons and grate the parmesan coarsely.*

*Halve the cherry tomatoes. Two minutes before the pasta is supposed to be cooked according to the package, add in the zucchini, stir, bring the water back to a simmer, then cook for 2 more minutes. (The addition of the zucchini will make the water temperature drop, so the overall cooking time is slightly more than it would be if you were cooking the pasta alone.)*

*Drain and divide between two shallow bowls. Add the cherry tomatoes if using, drizzle with olive oil, and sprinkle with pepper, parmesan and pine nuts if using.*

*Serve hot or at room temperature.*



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