

Pasta corta con zafferano e zucchini

Short pasta with saffron and courgettes

With the first courgettes from the garden, this pasta dish comes into its own.

Ingredients for 4 people

Saffron sauce	
300 g	cream
100 g	vegetable stock
	saffron as per the packet, or
20	saffron threads, soaked in hot water
0.5 tsp	lemon juice
	salt, pepper
	Mix all the ingredients, bring to the boil and
2-3 tsp	thicken with cornflour.
Courgettes	
400 g	courgettes, cut into narrow sticks
1	garlic clove, chopped
6 tbsp	olive oil

Put the pasta water on, cook a short pasta shape. Meanwhile fry the courgettes briefly over a high heat so that they turn golden. Season them with salt.

Mix the saffron sauce with the pasta, let it stand briefly. Add a little more pasta water if needed so that the pasta is nicely creamy. Put it on the plates and spread the courgettes over the top.



VERONICA'S TIP

If you would like to enrich the dish, a handful of cooked black chickpeas works well. Small cubes of fish also go well with it!