

Roast Fennel & Zucchini Pasta with Lemon



Fresh from the garden:

Equipment:

metric measuring spoons
measuring scale
clean tea towel
chopping board
cook's knife
citrus juicer
heavy-based frying pan
wooden spoon
medium bowl
serving bowls
colander

Ingredients:

- Fennel, bulb sliced
- Fennel fronds, broken into small pieces
- Zucchini sliced
- 4 tbsp olive oil
- 5 cloves of garlic, chopped
- 1 handful of parsley, chopped
- 1 lemon, juice of and also the grated zest of half of the lemon
- salt
- Pepper
- Fresh peas
- 500 g pasta
- ½ cup of the pasta cooking water

Optional

- dried chili flakes
- 200 ml of cream
- Grated parmesan

Method (What to do):

Instructions

1. Preheat the oven to 200 °C.
2. Slice the fennel and place on the oven tray together with the olive oil, garlic, parsley, capers, lemon (juice and zest), chili, salt, and pepper. Combine and bake for 20 minutes.
3. While the fennel is in the oven, start cooking your pasta. If available, add a bit of vegetable stock powder to the cooking water. Some cooking water is used later, so it will have a little more flavor.
4. Drain the pasta and collect half a cup of the cooking water.
5. After the fennel was in the oven for 20 minutes, add the pasta cooking water to the baking dish, stir, and bake for about another 15 minutes until the fennel is soft (some like it crisper, I prefer it the softie way). Switch off the oven.
6. Now add the pasta, and, if the more hearty variant is on the program (which is my favorite, and also seen in the photos), also the cream and the grated cheese.
7. Combine everything and leave it in the switched off-oven for a few minutes.
8. Arrange on a plate and garnish with some fennel leaves and peas.