

Asta's Anchovie pasta...

Quick and easy, and don't let the amount of anchovies scare you, this is ideal for a quick crowd pleaser!



Ingredients:

+/- 4 to 6 zucchini's

2 cloves of garlic chopped

one punnet red and yellow small tomatoes, halved

125g bottle of anchovies

+/- 3/4 cup olive oil

500g pasta

Squeeze of lemon

fresh parsley

a grating of parmesan



METHOD:

Roughly chop the zucchini and baby tomatoes.

Very slowly warm the olive oil and drained anchovies in a saucepan over a very low heat... keep the temperature VERY low, all you want to do is dissolve the anchovies in the warm oil.

Flash fry the garlic, baby marrows and tomatoes, just a minute or two to retain the crunch of the babymarrows and tomatoes.

Cook the pasta al dente. Drain and immediately return the "wet and warm" pasta to the warm pot. Immediately add the HOT anchovies oil and stir through ...

Add the flash fried veggies and mix through.

Serve on a pretty platter, add a squeeze of lemon juice... roughly chopped parsley and grated parmesan...



RECIPES



from the kitchen of the princess and
the wannabee weather girl...

hanliegreen.com