

MAJOR & MORSEL

FOOD CO.....

ZUCCHINI PESTO & RICOTTA DUMPLING PASTA

Serves 2

Silky, slightly tangy pesto paired with grilled zucchini and delightful puffs of ricotta dumpling goodness...
Sensational.

This recipe couldn't be easier or more satisfyingly delicious – we know you'll be impressed with yourself once you've plated up.

As with our previous recipes, we recommend that you follow the recipe if you've never made something before. Once you've had a first go and feel that you have a handle on the techniques and flavours you're making, go ahead and get creative!

Now, without further ado... get in the kitchen ☺



THIS RECIPE HAS BEEN PREPARED & TRIALED BY US AT MAJOR & MORSEL FOOD CO!
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ZUCCHINI PESTO & RICOTTA DUMPLING PASTA

UTENSILS

Food processor
NutriBullet (if you have one)
Measuring cups
Old school juicer (for the lemon juice)
Griddle pan (or regular frying pan)
Small tongs (or fork)
Baking paper
Oven tray
Sharp knife (if you're slicing the zucchini by hand)
Spoon (any type)
Pot (for boiling the pasta)

INGREDIENTS: PESTO

1 medium sized zucchini
2 handfuls of basil leaves
~5 mint leaves
Salt to taste
Fresh juice of ½ a lemon
3 medium sized garlic cloves
A good glug of olive oil (~ 4 tbsp)
¼ cup pine nuts
5cm x 2cm rectangle of parmesan (~25g)

INGREDIENTS: PASTA

Use the pasta of your choice – we've used a little over 1 cup of pene to make two serves.

INGREDIENTS: GRILLED ZUCCHINI

1 small zucchini or a few courgettes
Olive oil

INGREDIENTS: RICOTTA DUMPLINGS

½ cup ricotta
1 egg
Pinch of salt
Pepper
Parmesan

INGREDIENTS: PLATING

Basil leaves
Sliced fresh chilli

MAKING THE PESTO

1. To create a silky, green sauce: blend together all of the pesto ingredients in the most powerful food processor you have (we used a NutriBullet because our Breville food processor – which is pretty good – turned out a chunkier, more traditional pesto).

BOOM. Pesto, done! Set aside until you're ready to toss it through your pasta.

- ▽ The quantities we have indicated in this recipe will make more than enough for two serves of pasta; place whatever you don't use into a zip-lock bag and pop it in the freezer – it'll be ready to go next time you're having a pasta craving.

GRILLING THE ZUCCHINI

1. Set your food processor blade to ~3mm thickness and blitz through your zucchini (you will probably have to cut it in half first). You can set the blade further apart if you want your zucchini to be crunchier.
 - ▽ You can of course slice the zucchini by hand; however, definitely try to use a food processor if you're making a larger serving – it's quicker and your slices will be evenly sized, which will help with consistency when grilling.
2. Place a large griddle pan (or your regular frying pan) on high heat for about a minute; now pour some olive oil into the pan and add the zucchini slices - leave some room between the slices so they don't over crowd the pan and stew.
 - ▽ Cook the slices for ~30-60 seconds on each side - they should come up a little browned (how long you leave them for will depend on how hot your pan is). Use tongs or a fork to gently turn them over. Once you've done both sides, remove the slices from the pan so they don't keep cooking.
 - ▽ Set aside until you're ready to add the slices to your pasta.

RICOTTA DUMPLINGS

1. Preheat your oven to 220C degrees and line your oven tray with baking paper.
2. Mix all of the dumpling ingredients together well.
3. Using a spoon, place small blobs of the dumpling mix onto the lined oven tray; each blob should be ~3cm wide.
4. Place the tray back into the hot oven and bake for 5 minutes.
5. Open the oven door and switch it to the grill setting; grill on the same heat for a further 5 minutes.
6. Remove the tray from the oven and slide the dumplings off the baking paper.

PLATING UP

At some point you should have been boiling your pasta 😊. Once you've properly drained the pasta and all of the above elements have been prepared, it's time to mix them together: add the pesto to the warm pasta, followed by the zucchini and dumplings. Garnish each plate with a few basil leaves and slices of chili. Enjoy!

WE WANT TO SEE WHAT YOU'VE COOKED!
POST A PIC OF YOUR PLATED-UP PASTA ON INSTAGRAM & FACEBOOK
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