

TROCCOLI PASTA WITH ZUCCHINI SAUCE, PRAWNS AND CHEESE AND PEPPER SAUCE



Chef: Tommaso Ruggieri

Method

SERVES 1

Brown the chopped garlic in a pan with a drizzle of oil. Add the Gransalsa sauce with zucchini and the Èmazzancolle prawns. Cook for a few minutes then add the salt and parsley. Cook the troccoli in plenty of salted boiling water. When the troccoli are cooked, sauté them with the zucchini sauce and prawns. On a serving plate, spread a layer of heated Ècacioepepe and add the steaming troccoli. Garnish with some parsley-flavoured oil and mixed sprouts.

Menù Ingredients

10 g Ècacioepepe - S4QX

45 g Èmazzancolle - MJ1

80 g Gransalsa di zucchini - Gransalsa sauce with zucchini - BZ1

to taste Olio extravergine di oliva - Extra Virgin Olive Oil - EKC

Ingredients

80 g Troccoli pasta

to taste Salt

to taste Chopped garlic

to taste Chopped parsley

to taste Mixed sprouts