

## Pasta With Courgette, Lemon And Cream

By Sue Lawrence

**BBC**  
RADIO



### Ingredients

3 courgettes (washed, dried and cut into chunks)  
A knob of butter  
A sploosh of olive oil  
350g penne pasta  
Approx 150ml double cream  
The grated zest of 2 unwaxed lemons  
2-3 tablespoons freshly grated parmesan cheese  
Freshly ground black pepper



**Prep Time: 5 mins**

**Cooking Time: 10-15 mins**

### Method

1. Sauté the courgettes in the butter and oil until tender and a little brown at the edges.
2. Season the courgettes.
3. Cook the pasta then drain.
4. Add enough cream to the courgettes to make a rich sauce.
5. Add the lemon zest, warm through and check the seasoning.
6. Drain the pasta, toss into the cream and courgette sauce. Add parmesan to taste and a good grinding of black pepper.
7. Warm the pasta through then eat.