

## Garganelli pasta with courgette sauce *(Pasta & rice main dishes)*



### Preparation

Fry the garlic with the courgettes, sliced into rounds. Halfway through cooking, add the roughly chopped courgette flowers. Once the courgettes are browned, add the saffron and cream, stirring as you do so. Season with salt and pepper. Add the al dente cooked and drained pasta to the pan with the courgette sauce, cook for a few minutes more and serve with a sprinkling of chopped parsley.

### Tips

To give a bit of extra zing to this dish, try adding a teaspoon of mild mustard. If you're not a fan of mustard, try a handful of toasted pine nuts instead

### Trivia

Garganelli is a specialty pasta from the region of Emilia Romagna. The term 'garganello' comes from the dialect 'garganel' referring to the throat of a chicken, which they are supposed to resemble

### Information

**Preparation** 20 minutes

**Total Time** 15 minutes

**Serves X** Serves 2 persons

**Level of difficulty** Easy

## la terra di Puglia



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### Ingredients

**Short pasta** (short pasta garganelli)

**Courgettes** (small courgettes with flowers)

**Garlic** 1 clove

**Extra virgin olive oil**

**Salt**

**Pepper**

**Parsley**

**Fresh cream** 50 millilitres

**Saffron** 1 sachet