

Zucchini orrecciette with char grilled swordfish

Yield:4 portions

Weight (in grams)

50ml

2 in number

1 in number

3 in number

50g

4 in number

4 portions

ingredients

olive oil

courgettes – thickly grated

red chilli – brunoise

fresh garlic cloves - chopped

parmesan – grated

170g sword fish steaks

orrecciette pasta – cooked

Method:

1. Place the 50ml of olive oil in a pan & heat, add the chopped chilli & garlic & sweat down until cooked
2. Add the grated courgettes to the pan and cook down for approx 10 mins.
3. When cooked add the grated parmesan & melt in & season to taste **(at this point you can keep this base en place for service & add the pasta & char grill the swordfish to order)**
4. Reheat the pasta in a chauffant/ pasta boiler seasoned to a ratio of 16g of salt per litre (or 1 olive bowl of salt per pasta boiler)
5. Toss the warm pasta in the courgette mix & place on a flat plate, place the char grilled sword fish steak on top, garnish with flat parsley & drizzle 1 tbsp extra virgin olive oil around to finish.