

Long Livo

Creamy Zucchini Spaghetti with Sicilian Twist

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb spaghetti
- [ ] 4 medium zucchini (about 2 lbs total), coarsely grated
- [ ] 4 cloves garlic, thinly sliced
- [ ] 1/2 cup extra virgin olive oil, divided
- [ ] 1 tsp salt, plus more for pasta water
- [ ] 1/2 tsp black pepper

For Finishing

- [ ] 1/2 cup reserved pasta water
- [ ] Juice of 1 lemon
- [ ] 1/2 cup fresh basil leaves, torn
- [ ] 1/2 cup grated Parmesan cheese (optional)
- [ ] Red pepper flakes for serving (optional)

Instructions

1. Bring a large pot of well-salted water to boil for the spaghetti. Grate the zucchini using the large holes of a box grater. Slice the garlic thinly and have all your ingredients measured and ready.
2. Heat 1/4 cup olive oil in a large skillet over medium heat. Add the sliced garlic and cook until fragrant but not browned, about 1 minute. Add the grated zucchini and pepper. Cook, stirring occasionally, for 15-20 minutes until the zucchini has completely broken down and looks like a thick paste.
3. While the zucchini cooks, add the spaghetti to the boiling water and cook until al dente according to package directions. Reserve 1 cup of pasta water before draining.
4. Add the drained spaghetti to the skillet with the zucchini sauce. Off the heat, toss vigorously, adding pasta water a little at a time until the sauce coats the pasta beautifully. The starch from the pasta water will help create a creamy emulsion.
5. Stir in the lemon juice, remaining 1/4 cup olive oil, and torn basil. Taste and adjust seasoning with additional salt if needed. Serve immediately with grated Parmesan and red pepper flakes if desired.

Nutrition per serving

420 kcal	12 g	55 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't rush the zucchini cooking - the slow breakdown is what creates the creamy texture
- Reserve pasta water before draining - it's essential for the sauce consistency
- Serve immediately as the sauce can separate if it sits too long
- Use quality olive oil for finishing - it adds wonderful fruity notes