



COURGETTE CARBONARA TAGLIOLINI WITH COURGETTE FLOWERS

Categoria: First Courses **Tempo di preparazione:** 20 minutes **Difficoltà:** facile 🕒

Ingredienti per 4

- 6 courgettes with their flowers
- 1 spring onion
- extra virgin olive oil
- 1 clove of garlic
- 350 g of tagliolini pasta, or spaghetti, fettucine, linguine, tagliatelle
- 3 egg yolks and 1 egg white, beaten
- pepper
- salt
- 100 g grated cheese (a mix of $\frac{3}{4}$ pecorino and $\frac{1}{4}$ parmesan)

When courgettes are in season, you not only have the tender little green squash, but the bonus of their bright yellow flowers. The larger blossoms are the male blossoms—these do not bear any fruit; the smaller blossoms are to be found attached to the fruit itself, often sold along with the courgettes.

Courgette blossoms are delicate, tasting a bit like courgettes, and a bit like sunshine itself.

Difficulty: **low**

Cost: **moderate**

Preparation time: **20 minutes**

Serves: **4**

Method

Remove the flowers from the courgettes; clean and trim them of the stem, then reaching inside to remove their stamen. Cut into strips or several pieces each flower, depending on their size, then set aside. Slice the courgettes into thin rounds, peel the spring onion and

also slice it into rounds. Cook them gently in a large frying-pan with a drizzle of extra virgin olive oil and a clove of garlic for about 5 minutes.

In the meantime, cook the tagliolini plenty of boiling salted water. Drain the pasta al dente (keeping a little of the pasta water aside) and add to the courgette. Add some of the grated cheese and a little of the pasta water. When the pasta has absorbed all the liquid, add the beaten eggs and the rest of the cheese. Mix well and season with pepper.

Serve piping hot – the pepper will release its aroma together with the cheese. A delight for the palate! Enjoy!

