

Idiot's Kitchen Recipe – Zucchini & Almond Sauté

Recipe from www.idiotskitchen.com – Adapted from Bon Appétit



Ingredients:

3 medium zucchini, cut into matchsticks
½ teaspoon salt
¼ cup sliced almonds
2 Tablespoons olive oil
2 cloves garlic, thinly sliced
¼ teaspoon red pepper flakes
¼ cup Pecorino Romano cheese (or parmesan)
Salt & Pepper

Slice 3 medium zucchini into matchstick pieces using a mandoline slicer. I like the pieces a bit thicker (second setting on my mandoline) so that they stay crisp in the center while cooking. If you don't have a mandoline, cut the zucchini lengthwise into strips and then into smaller matchsticks.

Place the sliced zucchini in a colander and toss with ½ teaspoon salt. Let the zucchini sit for 10 minutes so that the excess moisture can drain away.

Toast ¼ cup of sliced almonds in a dry pan over medium heat. Toss or stir the almonds frequently so that they become golden brown – about 3 minutes. Remove the toasted almonds from the pan and set aside.

Remove the zucchini from the colander and pat dry with paper towels. Do not rinse the zucchini.

Heat 2 Tablespoons of olive oil, 2 cloves of thinly sliced garlic, and ¼ teaspoon red pepper flakes over medium heat. Cook the garlic only until it sizzles but does not brown, about 2 minutes. Add the zucchini and cook, stirring frequently until tender but still crisp in the middle – about 5 minutes.

Add the toasted almonds and ¼ cup finely grated Romano cheese. Stir to combine and season to taste with salt & pepper.

Makes 4 servings.