

Pasta alla Itsi

Itsi Weinstock

December 19, 2019

Preparation 1

1. Thinly slice 200 g **mushrooms**.

Cooking 1

1. Put mushrooms with a splash of water in the bottom of a pot on high heat. Cook until the water is expelled (5 minutes).

Preparation 2

2. Slice one **zucchini** and one long, thin **eggplant** in half lengthways, then slice into thin half-moons.
3. Peel half a head of **garlic** without crushing. Slice the cloves finely.

Cooking 2

2. Once water has evaporated from mushrooms, add 100 ml **olive oil** and heat until mushrooms are starting to brown.
3. Add **zucchini** and **eggplant**, cook until eggplant is edible.
4. On low-medium heat, add **garlic**, 1 tsp **chilli flakes** and 2 tsp **dried oregano**, and cook until garlic is soft and sweet but not brown.
5. Deglaze with 100 ml white wine.

Preparation 3

4. Start heating a pot of water for the pasta with 1 tbsp **salt**. Use as little water as necessary to boil the pasta.
5. Drain a 400 g can of **cherry tomatoes**.

Cooking 3

6. When garlic is ready, add **tomatoes** to the pan and gently squish them with the back of a spoon.
7. Start boiling 250 g **dried pasta**.
8. When the pasta is 2 minutes from being done, use tongs to transfer it to the sauce. Ladle in a small amount of cooking water and reduce, tossing and stirring to help emulsify. Repeat until the pasta is al dente.
9. Adjust to taste with salt, msg and pepper. Serve with optional nutritional yeast.

Servings: 2

Ingredients:

1	long, thin eggplant
1	zucchini
200 g	mushrooms
400 g	canned cherry tomatoes
1/2 head	garlic
250 g	dried pasta (sauce-catching)
100 mL	white wine
100 mL	good olive oil
1 tsp	chilli flakes
2 tsp	dried oregano