



Honey Grilled Zucchini & Goat's Cheese Rigatoni

EASY • 50 MINS

Experience the beauty of simplicity in this mouthwatering honey-grilled zucchini pasta recipe. Each ingredient is a hero in its own right, melding together with the pure flavour of Capilano Pure Honey to create a warm-weather dish you'll never forget.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
40 mins

SERVINGS
4

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Ingredients

Grilled zucchini

- 300g zucchini, sliced lengthwise (3mm thick)
- 1 tbsp olive oil
- 90g (3 tbsp) **Capilano Pure Honey**
- 1 tbsp lemon juice
- 2 tbsp basil, finely chopped
- ½ tsp dried chilli flakes
- Pinch of salt

Pasta

- 250g dried rigatoni pasta
- 300g zucchini, grated
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 30g (1 tbsp) **Capilano Pure Honey**
- ½ cup basil leaves, finely chopped
- 1 lemon, zest only
- 1 bunch asparagus, blanched and sliced diagonally
- 1 cup fresh peas (or blanched frozen peas)
- Salt & pepper
- 100g goat's cheese
- ½ cup (65g) pine nuts, toasted
- Extra basil leaves, for garnish

Method

1. Grilled zucchini: In a mixing bowl, whisk oil, honey, lemon juice, basil, chilli flakes and salt together. Set aside.
2. Preheat a grill pan on medium heat. Add olive oil to coat. Grill zucchini slices until cooked through and slightly charred.
3. Toss grilled zucchini through oil and honey mixture. Set aside.
4. Pasta: Fill a large pot with water. Season well with salt and bring to a boil. Add rigatoni and cook until al dente (as per packet instructions). While rigatoni is cooking, prepare sauce.
5. Add olive oil and garlic to a large pan over medium heat. Once garlic sizzles, add Capilano Pure Honey and cook for 1 minute.
6. Add grated zucchini. Cook until liquid releases and zucchini softens.
7. Add lemon zest and basil. Cook for 2 minutes. Remove from heat and set aside.
8. Once rigatoni is al dente, drain and reserve some cooking water in a jug.
9. Return pasta sauce to stovetop over low heat.
10. Add drained rigatoni, asparagus, and peas. Mix well.
11. Add a small amount of reserved cooking water to the pan to create a sauce. Season to taste with salt and pepper.
12. Plate rigatoni and top with grilled zucchini, pieces of goat's cheese, toasted pine nuts, and fresh basil. Serve immediately.
13. Storage instructions: Store in an airtight container in the refrigerator for up to 2 days.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury

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recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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