



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 Organic Raw & Unfiltered Honey to create a warm-weather dish you'll never forget.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
40 mins

SERVINGS
4

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

Grilled zucchini

- 300g zucchini, sliced lengthwise (3mm thick)
- 1 tbsp olive oil
- 90g (3 tbsp) **Capilano Organic Raw & Unfiltered 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



ORGANIC RAW & UNFILTERED HONEY 400G
EASY SQUEEZE POUCH
– **Organic Raw & Unfiltered
Honey** –

Smooth, Sweet and Fragrant

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Capilano Raw & Unfiltered Organic Honey is just as nature intended, with naturally occurring micronutrients, enzymes, pollen and fine particles.

Discover a Premium Taste
Perfectly pure, it's delicious drizzled on fresh bread, cereal, tea, smoothies and yoghurt.

Australian Certified Organic

This native eucalypt and ground flora honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

A note on REDcycle

Unfortunately, the REDcycle scheme is no longer operational. This means that there is no collection of soft plastics available for customers at the present time. Industry is working hard to identify pathways to create new scheme(s). In the meantime, customers are advised to dispose of your empty Capilano pouch in the landfill bin.

#BeeTomorrow

Made with 45% less plastic than our 500g upside down squeeze packs, this easy squeeze pouch is just one part of our #BeeTomorrow initiatives. Because caring for our environment means caring for our bees and their home. Read more about our latest initiatives [here](#).

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