

Fettuccine with Guanciale and Courgette Flowers for One

Guanciale is dry-cured pork cheek. You could use bacon or speck, or for a vegetarian version use olive oil instead of the rendered fat and finish with blue cheese instead. Needless to say, since this is a very simple dish, the quality of the ingredients is paramount.

120 grams fettuccine

2 small cloves garlic, sliced

1 slice guanciale, diced

3 courgette flowers, halved

A baby courgette, sliced

Handful of parsley or basil, minced

Bring 1.5 litres of water to a rolling boil and salt until it tastes as salty as seawater.

Meanwhile, put the diced guanciale in a cold pan and turn heat on to medium. Allow the fat to render from the meat.

When the fat has rendered, add the garlic and courgette and fry gently and add the pasta to the water and cook until al dente.

When the pasta is done, drain it, and add the courgette flowers to the pan with the guanciale, garlic and courgette and fry for a minute until just wilted.

Toss the sauce and parsley through the drained pasta in the pan and serve with parmesan and lashings of black pepper.