

Zucchini Scampi

Ingredients

- 1½ pounds zucchini sliced into ½ inch-thick rounds
- Kosher salt
- Neutral oil, such as grapeseed or canola
- 1 garlic clove, finely chopped
- ¼ tsp red-pepper flakes
- ½ cup white wine
- 3 Tbsp unsalted butter, cubed and cold
- 1 Tbsp lemon juice (from half a lemon)
- 1 Tbsp chopped parsley, mint or basil leaves, or ½ Tbsp chopped tarragon leaves



Preparation

1. Arrange the squash in a single layer and sprinkle with ¾ teaspoon salt
2. Let sit for 10 minutes, no more than 30
3. Pat dry with a kitchen towel or paper towel
4. Heat about 1 tablespoon oil in a 12 inch skillet over medium-high heat
5. Add a single layer of squash, salted sides down
6. Cook, without flipping, until browned underneath, 2-3 minutes
7. Transfer to a platter or large plate, and repeat with the remaining squash, adding more oil as necessary
8. Sprinkle with garlic and red-pepper flakes
9. With the empty skillet over medium-high heat, add the white wine
10. Simmer until reduced by half, 2-3 minutes
11. Add the butter and shake the skillet until the butter melts and combines with the wine into a smooth sauce
12. Remove skillet from the heat, add the lemon juice and shake to combine
13. Season to taste with salt, then pour over the squash
14. Top with the parsley, mint, basil or tarragon and serve warm