



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: ROCKET LEAVES

Rocket, also called arugula, has a spice, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



## 4. CASARECCE WITH ROCKET PESTO

Fresh chickpea casarecce from IPastai, tossed with a home made rocket pesto and roast vegetables, served alongside a pear and walnut salad.

 30 Minutes

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
28g	39g	78g

20 April 2020

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
COURGETTES	3
RED ONION	1/2 *
CHICKPEA CASARECCE	1 packet (500g)
BASIL	1 packet
ROCKET LEAVES	1 bag (200g)
GREEN PEARS	2
WALNUTS	1 packet (50g)
SUN-DRIED TOMATOES	1 jar
PARMESAN TOPPING	to taste

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, white wine vinegar, dried thyme (or dried herb of choice)

## KEY UTENSILS

oven tray, saucepan, stick mixer or blender

## NOTES

If preferred, roast the pears in the oven instead and toss the rocket through the pasta.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin, slice courgettes and wedge onion. Toss on a lined oven tray with **1 tsp dried thyme, oil, salt and pepper**. Roast for 20-25 minutes or until cooked through.



### 2. COOK THE PASTA

Bring saucepan of water to boil. Add pasta to cook for 4 minutes until al dente. Drain and set aside.



### 3. PREPARE THE ROCKET PESTO

Roughly chop basil leaves. Blend together with 1/4 bag rocket (50g), **1 tbsp vinegar** and **1/3 cup olive oil**. Season with **salt and pepper**. Set aside.



### 4. PREPARE THE SALAD

Slice the pears and roughly chop walnuts. Toss together with remaining rocket leaves and 2 tbsp oil from sun-dried tomatoes.



### 5. TOSS THE PASTA

Roughly chop the sun-dried tomatoes. Toss through pasta along with rocket pesto and roast vegetables. Season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide pasta among bowls and garnish with parmesan topping to taste. Serve with salad on the side.