



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

 30 Minutes

 2 Servings

 Plant-based

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

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
40g	69g	131g

20 April 2020

FROM YOUR BOX

SWEET POTATO	500g
RED ONION	1/2 *
CHICKPEA CASARECCE	1 packet (300g)
BASIL	1 packet
ROCKET LEAVES	1/2 bag (100g) *
GREEN PEAR	1
WALNUTS	1 packet (50g)
SUN-DRIED TOMATOES	1 jar
PARMESAN TOPPING	1 packet

* 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 sweet potato and wedge onion. Toss on a lined oven tray with **1/2 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 pear and roughly chop walnuts. Toss together with remaining rocket leaves and 1 tbsp oil from sun-dried tomatoes.



5. TOSS THE PASTA

Roughly chop the sun-dried tomatoes (use to taste). 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. Serve with salad on the side.