

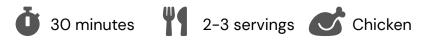
# Product Spotlight: Almonds

Almonds are packed with hearthealthy fats, as well as fibre and protein. Plus, they're fantastic in pesto like in this recipe!



# with Pesto Spaghetti

Spaghetti meatballs, with a twist! Look forward to homemade pesto, tender chicken meatballs, and wholesome roast veggies.



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Homemade pesto is easy to make — and totally customisable! In addition to the ingredients we've suggested in this recipe, you can add a little Parmesan cheese, pine nuts, fresh basil, pistachios, lemon zest, chilli or walnuts.

### FROM YOUR BOX

CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
SPAGHETTI	250g
CHICKEN MEATBALLS	1 packet
ENGLISH SPINACH	1 bunch
GARLIC CLOVES	2
ALMONDS	1 packet (80g)
OREGANO	1 packet
LEMON	1/2 *

\*Ingredient also used in another recipe

### FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, dried oregano

### **KEY UTENSILS**

saucepan, oven tray, large frypan, stick mixer (see notes)

#### NOTES

If you prefer, add the meatballs straight to the vegetable tray to cook!

If you don't have a stick mixer, simply chop the pesto ingredients as finely as you can (or have time for) for a more chunky-style pesto.

You can freeze remaining pesto and any extra meatballs for another time!

No gluten option - pasta is replaced with GF pasta.



# **1. ROAST THE VEGETABLES**

Set oven to 200°C and bring a saucepan of water to the boil.

Halve cherry tomatoes and slice onion. Toss together on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper** (see notes). Roast for 15-20 minutes.



# 2. COOK THE SPAGHETTI

Add spaghetti to boiling water and cook according to packet instructions or until al dente. Drain, reserving **1 cup water**.



# **3. COOK THE MEATBALLS**

Heat a frypan with **oil** over medium-high heat. Add the meatballs and cook for 6-8 minutes, turning occasionally, until cooked through. Remove pan from heat.



# **4. MAKE THE PESTO**

Rinse and roughly chop spinach. Place into a jug with crushed garlic, roughly chopped almonds, fresh oregano (keep some for garnish), juice from 1/2 lemon and **1/3 cup olive oil**. Blend until smooth and season to taste with **salt and pepper**.



## **5. FINISH THE SAUCE**

Add half of the pesto and roasted vegetables to the pan with the meatballs. Add **reserved pasta water** to thin (we used 3/4 cup).



## **6. FINISH AND PLATE**

Serve chicken meatballs and pesto over spaghetti. Garnish with reserved oregano.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

