



### Product Spotlight: The Gluten Free Lab

Perth-based, The Gluten Free Lab prides itself on being 100% certified gluten-free, catering for all lovers of Italian cuisine. You can find some of their great products on our Marketplace.



## Kale and Walnut Pesto with Pumpkin Cavatelli

Delicious homemade kale and walnut pesto tossed through fresh pumpkin cavatelli from locals, The Gluten Free Lab, and served with sautéed vegetables and parmesan cheese to finish.



20 minutes



4 servings



Vegetarian

30 June 2023

## Bulk it up!

*Serve this dish with a fried or poached egg, some crispy chickpeas or toasted croutons to bulk it up.*

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	34g	39g	103g



## FROM YOUR BOX

LEMON	1
KALE	1 bunch
WALNUTS	1 packet
PARMESAN CHEESE	1 packet
BUTTON MUSHROOMS	300g
CHERRY TOMATOES	2 x 200g
GARLIC CLOVE	1
FRESH PUMPKIN CAVATELLI	2 x 250g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

## KEY UTENSILS

large frypan, saucepan, stick mixer or food processor

## NOTES

To speed up cooking time, you can skip making the pesto. Add dried oregano and all of the kale at step 3, then add lemon zest, walnuts and parmesan at step 5.

Leftover herbs in the fridge or garden? Add them to the pesto for extra flavour! Basil, chives, parsley, thyme and fresh oregano would all make a great addition.



### 1. MAKE THE PESTO

Bring a large saucepan of water to a boil (see step 4).

Zest lemon. Use a stick mixer to blend zest with 1/2 kale leaves, walnuts, 3/4 packet parmesan, 1/4 cup olive oil, 1 cup water and **2 tsp oregano** to chunky a texture (see notes). Season to taste with **salt and pepper**.



### 4. COOK THE PASTA

Add pasta to boiling water. Cook until al dente. Reserve **1 cup cooking liquid** and drain pasta. Return to saucepan.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice mushrooms. Halve cherry tomatoes and crush garlic clove. Add to pan as you go. Sauté for 6-8 minutes until mushrooms are golden.



### 3. ADD THE KALE LEAVES

Thinly slice remaining kale leaves. Add to vegetables and sauté for a further 2-3 minutes until wilted. Season to taste with **salt and pepper**.



### 5. TOSS THE PASTA

Toss pasta with pesto, juice from 1/2 lemon (wedge remaining) and **reserved cooking liquid** (add liquid in small amounts as needed) until well coated.



### 6. FINISH AND SERVE

Divide sautéed vegetables among shallow bowls. Top with pesto pasta. Garnish with remaining parmesan cheese and lemon wedges.



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