

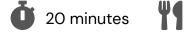




Kale and Walnut Pesto

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.





4 servings



Bulk it up!

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

TOTAL FAT CARBOHYDRATES

Per serve:

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.



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.



4. COOK THE PASTA

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



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.

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



