



Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



Spring Green Pasta with Broccoli Pesto

Brown rice and quinoa pasta tossed with a lemon, basil and garlic broccoli pesto with asparagus and mushrooms.



30 minutes



4 servings



Plant-Based

6 October 2023

Switch it up!

If you don't feel like making a pesto, you can blanch the broccoli and toss through the pasta instead! Chop the almonds and use as garnish with nutritional yeast. Toss the pasta with olive oil, lemon juice and a dried herb for a light sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	11g	91g

FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	300g
ASPARAGUS	1 bunch
BROCCOLI	1
ALMOND/NUTRITIONAL YEAST MIX	1 packet
LEMON	1
GARLIC CLOVES	3
BASIL	1 packet
GF SHORT PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

You can use dried Italian herbs instead of oregano if preferred. Add some dried chilli flakes for an extra kick.



1. SAUTÉ THE VEGETABLES

Bring a large saucepan of water to a boil (for step 2).

Heat a frypan over medium-high heat with **oil**. Slice and add onion, mushrooms and asparagus (4cm) along with **1 tsp oregano** (see notes). Cook for 8 minutes until tender. Take off heat and set aside.



2. BLANCH THE BROCCOLI

Cut broccoli into florets. Blanch in boiling water for 2 minutes until tender. Remove to a blender or jug using tongs or a slotted spoon. Reduce pan to a low simmer (for step 4).



3. MAKE THE PESTO

Using a stick mixer or blender, blend broccoli with almond/nutritional yeast mix, lemon zest and juice, chopped garlic cloves and basil leaves until semi smooth. Season with **salt and pepper**. Set aside.



4. COOK THE PASTA

Bring saucepan with simmering water to a boil. Add pasta and cook according to packet instructions until al dente. Reserve **1 cup cooking water** before draining. Return pasta to saucepan.



5. FINISH AND SERVE

Add pesto, sautéed vegetables and **reserved cooking water** to cooked pasta. Toss until well combined. Season to taste with **salt and pepper**. Serve at the table.



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