



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



J2 Broccoli Pasta Bake with Coconut Bacon

A creamy and cheesy sauce without using dairy products! Blended soy and nutritional yeast give this broccoli pasta bake all the flavour of a traditional dish.



35 minutes



2-3 servings



Plant-Based

2 September 2022

Speed it up!

Skip the oven and serve onto plates after combining the pasta and sauce at step 4 (heat through first). Top with coconut bacon and fresh basil.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	38g	124g

FROM YOUR BOX

SHORT GRAIN PASTA	1/2 packet
SPRING ONIONS	1 bunch
TOMATO	1
GARLIC	1 clove
BROCCOLI	1
SILKEN TOFU	1 packet
NUTRITIONAL YEAST	1 packet
COCONUT BACON	1 sachet
BASIL	1 packet (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, dijon mustard

KEY UTENSILS

large ovenproof frypan, saucepan, stick mixer or small blender

NOTES

If you don't have an ovenproof frypan transfer the pasta to an ovenproof dish here.



1. COOK THE PASTA

Set oven to 220°C.

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain pasta.



2. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil**. Slice spring onions and capsicum. Crush garlic and cut broccoli (use to taste) into small florets. Add to pan as you go along with **1/2 tbsp oregano**. Cook for 6-8 minutes until vegetables are tender.



3. MAKE THE SAUCE

Break up tofu and place into a jug with nutritional yeast (reserve 1 tbsp for step 4), **1 cup water** and **1 tsp Dijon mustard**. Blend to a smooth consistency.



4. COMBINE THE PASTA

Tip sauce and pasta into vegetable pan. Mix well and season with **salt and pepper** to taste (see notes). Sprinkle over coconut bacon and remaining nutritional yeast. Place into oven for 8-10 minutes to brown.



5. FINISH AND SERVE

Roughly chop basil and sprinkle over pasta. Take to the table for everyone to help themselves.

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

