



Product Spotlight: Hummus

Hummus is a much loved blend of chickpeas, tahini, lemon and garlic! Delicious as a dip, sauce or spread, and full of protein!



Lemon Hummus Pasta with Basil

Creamy hummus makes a flavourful sauce for this pasta dish served with cherry tomatoes, basil and olives.



25 minutes



2-3 servings



Plant-Based

2 June 2023

Jazz it up!

You can roast the vegetables for this pasta if preferred! Add some capsicum, mushrooms or zucchini to make extra serves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	56g	95g

FROM YOUR BOX

GF GRAIN PASTA	400g
HUMMUS	1 tub
LEMON	1
BROCCOLI	1
BROWN ONION	1
CHERRY TOMATOES	1 packet
PITTED KALAMATA OLIVES	1 tub
BASIL	1 packet (20g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

This dish makes extra serves. To make less, add 1/2 a packet of pasta in step 1.

You can use dried Italian herbs or thyme if you don't have dried oregano. Add crushed garlic if you have some.



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1. COOK THE PASTA

Bring a saucepan of water to a boil (see notes). Add pasta to boiling water and cook for 7 minutes (continue at step 3).



2. MAKE THE SAUCE

While the pasta cooks, whisk together hummus with lemon zest and juice. Season with **salt and pepper**.



3. ADD THE BROCCOLI

Cut broccoli into small florets. Add to pasta as it cooks for 2-4 minutes until tender. Reserve **1/2 cup cooking water** before draining. Set aside.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Dice onion and halve tomatoes. Add all to pan along with **2 tsp oregano** (see notes). Cook for 6-8 minutes until tender.



5. TOSS THE PASTA

Drain and rinse olives. Toss with pasta, broccoli, vegetables and hummus sauce. Loosen with **reserved cooking water** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide pasta among bowls. Garnish with sliced basil leaves and a sprinkle of **dried chilli flakes** (optional).

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