



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!



## J4 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	39g	22g	116g

## FROM YOUR BOX

SHORT GRAIN PASTA	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GARLIC	2 cloves
BROCCOLI	1
SILKEN TOFU	2 packets
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 into small florets. Add to pan as you go along with **1 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 2 tbsp for step 4), **2 cups water** and **2 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](mailto:hello@dinnertwist.com.au)

