



Product Spotlight: Kalamata Olives


Kalamata olives take their name from the city of Kalamata, Greece, where they were first grown. Like most olives, they are rich in antioxidants and healthy fats.



J4 Italian Zoodles with Tomatoes, Olives and Tempeh

Zucchini and carrot noodles tossed with a cherry tomato and olive sauce. "Bellissimo"!

 20 minutes

 4 servings

 Plant-Based

6 May 2022

Spice it up!

Add a dash of chilli flakes into the sauce and a sprinkle of nut-based parmesan on the top if you have them.

Per serve: **PROTEIN** 24g **TOTAL FAT** 13g **CARBOHYDRATES** 35g

FROM YOUR BOX

BROWN ONION	1
CHERRY TOMATOES	400g
ZUCCHINIS	2
CARROTS	2
KALAMATA OLIVES	1 tub (100g)
TEMPEH	2 packets
BASIL	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, 2 cloves garlic, balsamic vinegar

KEY UTENSILS

large frypan

NOTES

If you don't want to make the zoodles you could dice all the vegetables and toss with oil and spices. Roast until tender and then toss through some pasta with the crumbled tempeh.



1. FRY THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion and cook for 4-5 minutes until softened. Add **crushed garlic** and **2 tsp Italian herbs**. Cook for a further 1 minute.



2. ADD THE TOMATOES

Halve cherry tomatoes and add to the pan along with **2 cups water** and **1 tbsp vinegar**. Cover and simmer for 8-10 minutes.



3. MAKE THE ZOODLES

Julienne or ribbon zucchini and carrots into noodles using a julienne peeler/spiralizer or vegetable peeler (see notes).



4. ADD THE TEMPEH

Rinse and roughly chop the olives. Crumble tempeh into pan and add the olives. Cover and simmer for 3 minutes.



5. ADD THE NOODLES

Add the zoodles into the pan and toss together with sauce. Cook until heated through and zoodles are cooked to your liking. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop basil.

Divide zoodles and sauce into bowls, drizzle with **olive oil** and top with chopped basil.

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**

