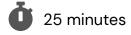




Pumpkin Cavatelli

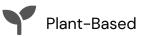
with Sun-dried Tomato Pesto

Fresh pumpkin cavatelli from locals The Gluten Free Lab, tossed in a homemade sun-dried tomato pesto with basil and cashews, served alongside lemon-dressed watercress.





2 servings



Spice it up!

If you like it hot, add some chilli flakes into the sauce at step 3. You could always add a little chilli oil or fresh chilli when serving as well.

TOTAL FAT CARBOHYDRATES

31g 35g

FROM YOUR BOX

SUN-DRIED TOMATOES	1 tub
CASHEWS	1 packet (40g)
BASIL	1 packet (10g)
LEMON	1
SHALLOT	1
COURGETTES	2
CHERRY TOMATOES	200g
PUMPKIN CAVATELLI	1 packet
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 clove garlic, dried Italian herbs

KEY UTENSILS

kettle, large frypan, saucepan, stick mixer (see notes)

NOTES

If you don't have a stick mixer you can chop the sun-dried tomatoes, cashews and basil and toss through the pasta at step 4. Squeeze in lemon to taste.



1. MAKE THE PESTO

Bring a saucepan of water to a boil and boil the kettle. Slice sun-dried tomatoes and place into a jug along with 1/3 cup hot water, 2 tbsp olive oil, cashews, roughly chopped basil, 1 tsp zest and juice from 1/2 lemon. Blend using a stick mixer.



2. SAUTÉ THE SHALLOT

Heat a large frypan over medium-high heat with **oil**. Slice shallot and crush **garlic**. Add to pan with **1 tsp Italian herbs**. Cook for 1-2 minutes.



3. ADD THE VEGETABLES

Dice or slice courgettes and halve cherry tomatoes, add to the pan as you go. Cook for 5 minutes then stir in pesto. Combine well.



4. COOK THE PASTA

Add pasta to boiling water and cook according to packet instructions or until al dente. Drain, reserving 1 cup cooking liquid. Add drained pasta and liquid to frypan. Mix well and season to taste with salt and pepper.



5. DRESS THE WATERCRESS

In a bowl whisk together juice from remaining lemon, 1 tbsp olive oil, salt and pepper. Add watercress and toss together.



6. FINISH AND SERVE

Serve pasta into bowls and top with fresh watercress.

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



