



Product Spotlight: Shallot

Shallots can be consumed raw in salads and sandwiches or used in soups, stews, pizzas, pasta and sauces. Asian cuisines often feature pickled shallot.



Antipasto Pasta Salad with Grilled Zucchini and Capsicum

Legume pasta tossed with grilled sliced vegetables, cherry tomatoes and antipasto mix from Kitchen 2 Kitchen. Tossed in a shallot dressing and finished with almond parmesan.



30 minutes



4 servings



Plant-Based

30 December 2022

Make it warm!

Pan-fry the halved cherry tomatoes. Add the spinach and dressing. Reserve 1/2 cup pasta water when draining and add to frypan with pasta and grilled vegetables. Toss well and sprinkle with almond parmesan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	28g	63g

FROM YOUR BOX

LEGUME PASTA	1 packet
SHALLOT	1
RED CAPSICUM	1
ZUCCHINI	1
CHERRY TOMATOES	1 punnet
BABY SPINACH	1 bag (120g)
ANTIPASTO MIX	1 packet
ALMOND PARMESAN	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

large grill/frypan, saucepan

NOTES

You can grill the vegetables on the barbecue. Leave the capsicum fresh if preferred.



1. COOK THE PASTA

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



2. MAKE THE DRESSING

Finely dice shallot and add to a bowl with **3 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp oregano, salt and pepper**. Whisk together and set aside.



3. GRILL THE VEGETABLES

Heat a grill/frypan over medium-high heat with **oil**. Slice capsicum and zucchini. Toss with **oil, salt and pepper**. Add to grill and cook for 3-4 minutes each side until tender. Remove to a board and slice into strips (see notes).



4. TOSS THE VEGETABLES

In a large bowl toss together sliced zucchini and capsicum with halved cherry tomatoes, spinach and antipasto mix.



5. ADD THE PASTA

Add pasta and dressing to the bowl, mix well. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve pasta salad in bowls and sprinkle with almond parmesan.

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**

