



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asparagus

To prepare asparagus, bend the spear; it will snap right where the tough stalk meets the tender spear. You can store it upright in the fridge in a glass jar with a small amount of water.



K4

Asparagus and Tomato Pasta with Lemon and Almonds

This dish is simple but full of flavour. Pasta served with a cherry tomato, lemon and asparagus sauce, topped with chopped almonds and fresh spring onion tops.



25 minutes



4 servings



Plant-Based

4 November 2022

Make it cheesy!

Soak 1/2 cup of raw cashews and 10g nutritional yeast in 1/2 cup of boiling water and 1/2 tbsp vinegar. Let it sit for 10 minutes then blend for a creamy finish. Add to pasta at step 5.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	25g	91g

FROM YOUR BOX

GLUTEN-FREE PASTA	1 packet
SPRING ONIONS	1 bunch
LEMON	1
CHERRY TOMATOES	2 x 200g punnets
FENNEL	1 bulb
ALMONDS	1 packet (80g)
ASPARAGUS	1 bunch

FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds, 2 cloves garlic, chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

You can dry fry the almonds for a couple of minutes to intensify their nutty flavour.

When adding the pasta water be sure to stir well. This will release the starch from the pasta and help to thicken the sauce.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain pasta reserving 1 cup of cooking water.



2. SAUTÉ THE ONIONS

Heat a large frypan over medium-high heat with **3 tbsp olive oil**. Slice and add spring onions (reserve some green tops for step 4), **crushed garlic**, **2 tsp fennel seeds**, **1 tsp chilli flakes** (optional) and lemon zest. Sauté for 3 minutes.



3. ADD THE TOMATOES

Halve cherry tomatoes and slice fennel (keep any fennel fronds for step 4), adding to pan as you go. Pour in **1/2 cup water**, cover and simmer for 6–8 minutes or until fennel has softened.



4. PREPARE THE TOPPING

Roughly chop fennel fronds, remaining spring onion tops and almonds (see notes). Mix in a bowl with juice from 1/2 lemon (wedge remaining), **1 tbsp olive oil**, **salt and pepper**.



5. FINISH THE PASTA

Cut asparagus into 3cm lengths and add to frypan. Cook for 2 minutes then add the pasta. Mix together with reserved pasta water (see notes) and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta among bowls, sprinkle over topping and add a lemon wedge.

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**

