Product Spotlight: Sun-dried

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.

Switch it up!

Instead of blending the sauce, you can dress the pasta with olive oil instead. Toss the sunflower seeds and nutritional yeast through the pasta for texture and flavour.

Creamy Mushroom Carbonara

Amaranth spaghetti tossed with a creamy and cheesy sauce made with blended sunflower seeds, with sautéed mushrooms and sun-dried tomatoes, served with fresh watercress on the side.

🕐 30 minutes   🍴 4 servings   🌱 Plant-Based

28 April 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	9g	85g

FROM YOUR BOX

SUNFLOWER SEED/ NUTRITIONAL YEAST MIX	1 packet
LONG GRAIN PASTA (GF)	1 packet
BROWN ONION	1
MUSHROOMS	300g
ZUCCHINI	1
SUN-DRIED TOMATOES	2 tubs
WATERCRESS	1 sleeve

FROM YOUR PANTRY

olive oil, salt, pepper, apple cider vinegar, dried oregano

KEY UTENSILS

frypan, saucepan, stick mixer or blender

NOTES

To make a quick vinaigrette for the watercress, whisk together 1 tbsp vinegar (apple cider or balsamic) with 1 tbsp olive oil.

1. PREPARE THE SAUCE

Soak sunflower seed/nutritional yeast mix with **1 tbsp vinegar** and **1 cup water**. Set aside for 15 minutes.

2. COOK THE PASTA

Bring saucepan of water to a boil. Add pasta to cook for 10-13 minutes until al dente. Drain, rinse and set aside.

3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Slice onion, mushrooms and zucchini (into crescents). Chop sun-dried tomatoes. Add to pan as you go along with **1 tsp dried oregano**. Cook for 6-8 minutes.

4. BLEND THE SAUCE

Blend soaked sunflower seed/nutritional yeast mix with soaking liquid using a stick mixer until smooth. Season with **salt**.

5. TOSS THE PASTA

Toss cooked pasta into pan along with blended sauce until well coated. Season with **salt and pepper**.

6. FINISH AND SERVE

Serve pasta with a side of watercress. Dress watercress if preferred (see notes).

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**