



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



K4 Hemp Spaghetti with Romesco Sauce

Protein-packed hemp spaghetti tossed with Romesco style sauce, capers and spinach served with roasted fennel and a parsley and almond topping.



25 minutes



4 servings



Plant-Based

30 September 2022

Make it quicker!

Skip roasting the fennel. Slice and add to the pan at step 4 with the onion. Increase cooking time to 6-8 minutes, or until the fennel has softened.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	14g	74g

FROM YOUR BOX

FENNEL	1
RAW ALMONDS	80g
CAPSICUM STRIPS	1 jar
RED ONION	1
CAPERS	1 jar
BABY SPINACH	1 bag (120g)
HEMP SPAGHETTI	2 x 200g
PARSLEY	1 packet (10g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 clove garlic, balsamic vinegar

KEY UTENSILS

oven tray, large frypan, saucepan, stick mixer or small blender

NOTES

Toasting the almonds enhances their nutty flavour and gives them more crunch. If you are short on time, you can skip this step.



1. ROAST THE FENNEL

Set oven to 200°C.

Cut fennel into wedges (reserve any fronds for garnish). Toss on a lined oven tray with **1 tbsp balsamic vinegar, oil, salt and pepper**. Roast for 15–20 minutes until golden and tender.



2. TOAST THE ALMONDS

Bring a saucepan of water to a boil for step 5.

Roughly chop almonds. Toast in a frypan over medium-high heat for 1–2 minutes or until golden (see notes). Remove and reserve pan.



3. MAKE THE SAUCE

Drain capsicums and place into a jug along with half the almonds, **crushed garlic, 2 tbsp olive oil** and **1 tbsp vinegar**. Blend to a smooth consistency.



4. SAUTÉ THE ONION

Re-heat frypan over medium-high heat with **oil**. Slice and add onion along with drained capers. Cook for 3 minutes then add spinach, sauce and **1 cup water**.



5. COOK THE PASTA

Add pasta to saucepan of boiling water and simmer for 2 minutes until just tender.

Drain, reserving 1 cup cooking water, and add to frypan with sauce. Mix well, adding water as needed. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop parsley and mix with remaining almonds.

Serve pasta into bowls. Add roasted fennel and sprinkle with almond topping and any reserved fennel fronds.

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**

