



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora.

A healthy gut promotes good digestion and boosts immunity.



K4 Oodles of Zoodles with Olive and Eggplant Sauce

Zucchini and carrot noodles topped with a rich olive and eggplant sauce finished with pepitas, sunflower seeds, fresh basil and plant-based parmesan.



30 minutes



4 servings



Plant-Based

28 October 2022

Change it up!

Turn this dish into a tray bake. Toss the zoodles with olive oil, salt and pepper and place into an oven dish. Pour over the sauce and sprinkle over parmesan and seeds. Bake in a moderate oven for 20 minutes. Top with fresh basil to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	28g	34g

FROM YOUR BOX

RED ONION	1
GARLIC	2 cloves
EGGPLANT	1
GREEN OLIVES	1 jar
PASTA SAUCE	1 jar (500g)
CARROTS	2
ZUCCHINIS	2
PEPITA/SUNFLOWER SEEDS	1 packet (80g)
BASIL	1 packet (10g)
PARMESAN TOPPING	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, kettle, small frypan

NOTES

If you don't want to make the noodles, grate the carrots and zucchini and add to the sauce. Serve with pasta of choice.

This step is optional. Toasting the seeds gives them some extra crunch and intensifies their flavour.



1. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion along with **3 tsp Italian herbs** and crushed garlic. Sauté for 3 minutes.



2. ADD EGGPLANT AND SAUCE

Dice eggplant, adding to pan as you go. Cook for 5 minutes, then drain and add olives.



3. SIMMER THE SAUCE

Add pasta sauce and **1 jar water** to the frypan. Cover and simmer for 10 minutes. Season to taste with **1 tbsp vinegar, salt and pepper**.

Boil the kettle for step 4.



4. MAKE THE ZOODLES

Julienne or ribbon zucchini and carrot into a bowl using a julienne peeler/spiralizer or vegetable peeler (see notes).

Pour boiled water over noodles to heat and soften (optional). Leave for 2 minutes, then drain.



5. TOAST THE SEEDS

Heat a small frypan over medium-high heat. Add seeds and cook for 1-2 minutes until browned (see notes).

Roughly chop the basil.



6. FINISH AND SERVE

Divide zoodles among bowls and top with sauce. Sprinkle with parmesan topping, seeds and basil.

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**

