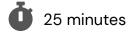




# **Pumpkin Cavatelli**

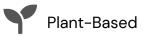
## with Sun-dried Tomato Pesto

Fresh pumpkin cavatelli from locals The Gluten Free Lab, tossed in a homemade sun-dried tomato pesto with basil and cashews, served alongside lemon-dressed watercress.





4 servings



# Spice it up!

If you like it hot, add some chilli flakes into the sauce at step 3. You could always add a little chilli oil or fresh chilli when serving as well.

TOTAL FAT CARBOHYDRATES

25g 26g

#### FROM YOUR BOX

SUN-DRIED TOMATOES	1 tub
CASHEWS	1 packet (80g)
BASIL	1 packet (10g)
LEMON	1
RED ONION	1
ZUCCHINI	1
CHERRY TOMATOES	200g
PUMPKIN CAVATELLI	2 packets
WATERCRESS	1 sleeve

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 clove garlic, dried Italian herbs

#### **KEY UTENSILS**

kettle, large frypan, saucepan, stick mixer (see notes)

#### **NOTES**

If you don't have a stick mixer you can chop the sun-dried tomatoes, cashews and basil and toss through the pasta at step 4. Squeeze in lemon to taste.



#### 1. MAKE THE PESTO

Bring a saucepan of water to a boil and boil the kettle. Slice sun-dried tomatoes and place into a jug along with 1/3 cup hot water, 3 tbsp olive oil, cashews, roughly chopped basil, 1 tsp zest and juice from 1/2 lemon. Blend using a stick mixer.



# 2. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with oil. Slice and add onion with crushed garlic clove and 2 tsp Italian herbs Cook for 3 minutes.



#### 3. ADD THE VEGETABLES

Dice zucchini and halve cherry tomatoes, add to the pan as you go. Cook for 5 minutes then stir in pesto. Combine well.



#### 4. COOK THE PASTA

Add pasta to boiling water and cook according to packet instructions or until al dente. Drain, reserving 1 cup cooking liquid. Add drained pasta and liquid to frypan. Toss to combine and season to taste with salt and pepper.



### **5. DRESS THE WATERCRESS**

In a bowl whisk together juice from remaining 1/2 lemon with 1 tbsp olive oil, salt and pepper. Add watercress and toss together.



#### 6. FINISH AND SERVE

Serve pasta into bowls and top with fresh watercress.

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



