



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Watercress

This leafy green adds a peppery kick to your salads (and sandwiches!). One cup of watercress has just 4 calories but is loaded with vitamins!



## K4 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.



25 minutes



4 servings



Plant-Based

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## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	26g	113g

## 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**

