



### Product Spotlight: Walnuts

Walnuts are full of antioxidants!  
Resist the urge to remove the skin because that's where 90% of the antioxidants are!




## Roast Veggie Pasta

### with Kale & Basil Pesto

Herby roast zucchini, cherry tomatoes and eggplant tossed with a short grain pasta and locally made kale & basil pesto from Hippie Veggies! Topped with a sprinkle of walnuts.

 30 minutes

 4 servings

 Plant-Based

3 February 2023

## Switch it up!

*Instead of dried thyme, you can use fresh thyme or chopped rosemary to flavour the roast veggies!*

Per serve: **PROTEIN** 11g **TOTAL FAT** 35g **CARBOHYDRATES** 89g

## FROM YOUR BOX

ZUCCHINI	1
EGGPLANT	1
RED ONION	1
CHERRY TOMATOES	2 packets (2 x 200g)
SHORT PASTA (GF)	400g
KALE AND BASIL PESTO	1 jar
WALNUTS	1 packet (40g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, chilli flakes

## KEY UTENSILS

oven tray, saucepan

## NOTES

Dice the vegetables about 1cm in size, this will help the vegetables cook faster and give an extra golden finish!



### 1. ROAST THE VEGETABLES

Set oven to 220°C. Bring a saucepan of water to boil (for step 2).

Dice zucchini and eggplant (see notes). Slice onion and halve tomatoes. Toss on a lined oven tray with **2 tsp thyme, 1/2 tsp chilli flakes, oil, salt and pepper**. Roast in oven for 20–25 minutes until tender.



### 4. FINISH AND SERVE

Divide pasta among shallow bowls. Chop walnuts and use to garnish.



### 2. COOK THE PASTA

Add pasta to boiling water in saucepan. Cook according to packet instructions or until al dente. Reserve **1/2 cup cooking water** before draining. Set aside.



### 3. TOSS THE PASTA

Toss pasta with roast vegetables, pesto and reserved cooking water until well combined. Season to taste with **salt and pepper**.

**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](mailto:hello@dinnertwist.com.au)

