



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Celery


Celery is well known for being low in calories, but its health benefits go far beyond that. Unlike many other vegetables, celery retains most of its nutrients, even after cooking!



## K4 Shroomaise

A loving twist on a traditional classic using mushrooms to make our "shroomaise" sauce served with spaghetti and finished with fresh basil.

 25 minutes

 4 servings

 Plant-Based

22 April 2022

## Herb it up!

*Any fresh herbs that you may have would be a great addition to this dish. You could add rosemary, oregano, basil, fennel or parsley.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 5g **CARBOHYDRATES** 77g

## FROM YOUR BOX

SPAGHETTI	1 packet
MUSHROOMS	1 bag (400g)
BROWN ONION	1
GARLIC CLOVES	2
CARROT	1
CELERY STICKS	2
TOMATO SUGO	1 jar (500g)
BASIL	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, stock cube

## KEY UTENSILS

large frypan, saucepan, food processor

## NOTES

You can chop or slice the mushrooms instead of using a food processor.

If you have some grated cheese in the fridge, serve alongside the pasta.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain pasta, reserving 1/2 cup of pasta water.



### 2. MINCE THE MUSHROOMS

Roughly chop mushrooms and place into a food processor. Pulse until they form a rough mince like consistency (see notes).



### 3. COOK THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion along with **2 tsp Italian herbs**. Cook for 3-4 minutes then add crushed garlic and minced mushrooms.



### 4. ADD THE VEGETABLES

Dice or grate carrot and celery, adding to pan as you go. Cook for 2-3 minutes then add pasta sauce, stock cube and **1 cup water**. Bring to a simmer, semi cover, and cook for 10 minutes.



### 5. ADD THE PASTA

Add cooked pasta to frypan and mix well. Season to taste with **salt and pepper** (add some reserved pasta water if sauce is too thick).



### 6. FINISH AND SERVE

Roughly chop basil.

Divide pasta between bowls and top with basil (see notes).

**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)

