



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Walnuts


Walnuts have been recognised since ancient times as a symbol of intellectuality and are a good source of Omega-3s, which support brain and heart health.



## K4 Spinach Casarecce with Roasted Vegetables and Nut Cheese

Blended roasted capsicum and zucchini make the base for this family-friendly pasta with added flavour from fresh basil and nut cheese, finished with crunchy walnuts.

 30 minutes

 4 servings

 Plant-Based

22 July 2022

## Bulk it up!

*You can add any other vegetables you like to the roasting tray. Sweet potato, pumpkin and tomatoes, would all work beautifully. You could also add some spinach and extra tomato sugo.*

Per serve: **PROTEIN** 9g **TOTAL FAT** 26g **CARBOHYDRATES** 92g

## FROM YOUR BOX

RED ONION	1
GARLIC CLOVES	2
RED CAPSICUMS	2
ZUCCHINI	1
NUT BASED CHEESE	1 packet
WALNUTS	1 packet (50g)
BASIL	1 packet (60g)
SPINACH CASARECCE	2 packets

## FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, dried oregano

## KEY UTENSILS

oven dish, saucepan, stick mixer

## NOTES

You can toast the chopped walnuts in a dry frypan for 1-2 minutes for extra crunch.

Nut cheeses tend to soften quite quickly. Pop the grated cheese back into the fridge until serving.



### 1. ROAST THE VEGETABLES

Set oven to 220°C, bring a saucepan of water to the boil. Wedge onion and crush garlic. Dice capsicums and zucchini. Toss in a lined oven dish with **3 olive tbsp oil, 2 tbsp balsamic vinegar, 2 tsp oregano, salt and pepper**. Cook for 20 minutes or until tender.



### 4. MAKE THE SAUCE

Place half the roasted capsicum and zucchini into a jug. Use a stick mixer to blend with reserved pasta water.



### 2. PREPARE THE TOPPINGS

Grate cheese, roughly chop walnuts (see notes) and basil leaves. Keep separate on a plate.



### 5. TOSS THE PASTA

Add blended sauce and remaining vegetables to the pasta along with half the cheese and basil. Toss together well and season to taste with **salt and pepper**.



### 3. COOK THE CASARECCE

Add casarecce to boiling water and cook according to packet instructions. Drain, reserving **1 cup water**, and return to pan.



### 6. FINISH AND SERVE

Serve pasta into bowls and top with remaining cheese, basil and walnuts.

**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**

