



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Feta Cheese


Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.




## L2 Basil Oil Pasta

### with Pan-Fried Feta and Roasted Vegetables

Spinach casarecce from Perth locals The Gluten Free Lab, tossed in basil oil, served with oven-roasted vegetables and chickpeas, pan-fried feta cheese and dukkah.

 25 minutes

 2 servings

 Vegetarian

20 May 2022

## Speed it up!

*If you are looking for a shortcut to speed up this dish, you can skip pan-frying the feta cheese. Simply crumble it over your finished pasta to serve.*

Per serve: **PROTEIN** 31g **TOTAL FAT** 39g **CARBOHYDRATES** 108g

## FROM YOUR BOX

TINNED CHICKPEAS	400g
COURGETTE	1
LEMON	1
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
FETA CHEESE	1 packet
SPINACH CASARECCE	1 packet
DUKKAH	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, flour of choice

## KEY UTENSILS

frypan, saucepan, oven tray, stick mixer (or small blender)

## NOTES

Instead of using a stick mixer to make the basil oil, finely chop the basil and mix in a bowl with remaining ingredients.



### 1. PREPARE TRAY BAKE

Set oven to 220°C. Bring a saucepan of water to the boil.

Drain and rinse chickpeas. Pat dry. Slice courgette into rounds. Zest lemon. Add to a lined oven tray.



### 2. ROAST THE TRAY BAKE

Toss prepared elements on a lined oven tray along with cherry tomatoes, oil, **2 tsp ground paprika, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 3. MAKE THE BASIL OIL

Add basil leaves to a jug (see notes) along with **1 tbsp olive oil, 1/2 tsp water**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



### 4. COOK THE FETA

Slice feta. Place **1 1/2 tbsp flour and pepper** onto a plate. Coat feta in oil then press into seasoned flour. Heat a frypan over medium-high heat with oil. Cook feta for 2 minutes each side until golden.



### 5. COOK THE PASTA

Add pasta to boiling water. Cook for 2–3 minutes. Drain pasta, return to the pot and toss with basil oil.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with roasted vegetables, chickpeas and feta. Serve with lemon wedges and sprinkle over dukkah.

**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**

