



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.





L4

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

 4 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** 19g **TOTAL FAT** 24g **CARBOHYDRATES** 96g

FROM YOUR BOX

| | |
|-------------------|----------------|
| TINNED CHICKPEAS | 400g |
| ZUCCHINI | 1 |
| LEMON | 1 |
| CHERRY TOMATOES | 1 bag (400g) |
| BASIL | 1 packet (60g) |
| FETA CHEESE | 1 packet |
| SPINACH CASARECCE | 2 packets |
| 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

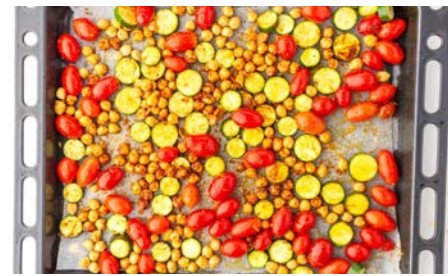
Instead of using a stick mixer to make the basil oil, finely chop the basil and mix in a bowl with remaining ingredients.



1. PREPARE TRAY BAKE

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

Drain and rinse chickpeas. Pat dry. Slice zucchini 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 2 tbsp olive oil, 1 tbsp 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

