



Product Spotlight: Walnuts

Many people keep walnuts in their pantry, but they are actually best stored in the fridge or freezer. Once open, put them in an airtight container and store them in the freezer to maximise their shelf life.



Walnut & Super Greens Pesto Pasta

Naturally gluten-free penne pasta tossed through home-made bright kale, walnut, lemon and basil pesto, served with roasted cauliflower and cherry tomatoes.



30 minutes



2 servings



Plant-Based

Switch it up!

Don't have a food processor for the pesto? No worries! Finely chop all the ingredients and mix together in a large bowl. You may need some extra olive oil to loosen the pesto.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	18g	49g

FROM YOUR BOX

CAULIFLOWER	1/2
CHERRY TOMATOES	200g
KALE LEAVES	4
BASIL	1 packet
LEMON	1
GARLIC CLOVES	2
WALNUTS	1 packet
FRESH GF PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian herbs (see notes)

KEY UTENSILS

large saucepan, oven tray, food processor or stick mixer, kettle

NOTES

Substitute Italian herbs with dried rosemary, thyme, oregano, ground paprika, or lemon pepper.

Toast reserved walnuts in a dry frypan for garnish.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C, boil the kettle and bring a large saucepan of water to a boil.

Cut **cauliflower** into florets. Toss on a lined oven tray with **tomatoes, oil, 1 tsp Italian herbs, salt and pepper**. Roast for 20–25 minutes until golden and tender.



4. COOK THE PASTA

Add **pasta** to boiling water. Cook for 2 minutes or until al dente. Reserve **1 cup cooking liquid** for step 5. Drain **pasta** and return to saucepan.



2. BLANCHE THE KALE

Roughly tear **kale leaves** and add to a large bowl. Pour **hot water** over **kale** and leave to sit for 2–3 minutes. Drain **kale**.



5. TOSS THE PESTO

Add **pesto** and **remaining kale leaves** to saucepan with **pasta**. Add reserved **cooking liquid**, 1/4 cup at a time, and toss to coat **pasta**. Season to taste with **salt and pepper**.



3. MAKE THE PESTO

Place **kale** in a food processor, **reserving some leaves** for step 5. Add **1/2 packet basil, zest and juice of 1/2 lemon, garlic, 3/4 packet walnuts** (see notes), **2 tbsp olive oil, 1 tbsp water, salt and pepper**. Blend to a **pesto** consistency.



6. FINISH AND SERVE

Wedge **remaining lemon** and tear or chop **basil leaves**.

Divide **pasta** among shallow bowls. Top with **roasted vegetables**. Garnish with remaining **walnuts** and **basil**. Serve with **lemon wedges**.

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