



Product Spotlight: Hummus

Hummus is a much loved blend of chickpeas, tahini, lemon and garlic! Delicious as a dip, sauce or spread, and full of protein!



Lemon Hummus Pasta with Basil

Creamy hummus makes a flavourful sauce for this pasta dish served with cherry tomatoes, basil and olives.



25 minutes



2-3 servings



Plant-Based

Jazz it up!

You can roast the vegetables for this pasta if preferred! Add some capsicum, mushrooms or zucchini to make extra serves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	56g	95g

FROM YOUR BOX

GF GRAIN PASTA	400g
HUMMUS	1 tub
LEMON	1
BROCCOLI	1
BROWN ONION	1
CHERRY TOMATOES	1 packet
PITTED KALAMATA OLIVES	1 tub
BASIL	1 packet (20g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

This dish makes extra serves. To make less, add 1/2 a packet of pasta in step 1.

You can use dried Italian herbs or thyme if you don't have dried oregano. Add crushed garlic if you have some.



1. COOK THE PASTA

Bring a saucepan of water to a boil (see notes). Add pasta to boiling water and cook for 7 minutes (continue at step 3).



2. MAKE THE SAUCE

While the pasta cooks, whisk together hummus with lemon zest and juice. Season with **salt and pepper**.



3. ADD THE BROCCOLI

Cut broccoli into small florets. Add to pasta as it cooks for 2-4 minutes until tender. Reserve **1/2 cup cooking water** before draining. Set aside.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Dice onion and halve tomatoes. Add all to pan with **2 tsp oregano** (see notes). Cook for 6-8 minutes until tender.



5. TOSS THE PASTA

Drain and rinse olives. Toss with pasta, broccoli, vegetables and hummus sauce. Loosen with **reserved cooking water** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide pasta among bowls. Garnish with sliced basil leaves and a sprinkle of **dried chilli flakes** (optional).



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