



Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora.

A healthy gut promotes good digestion and boosts immunity.



Ooodles of Zoodles with Olive and Eggplant Sauce

Zucchini and carrot noodles topped with a rich olive and eggplant sauce and finished with pepitas, sunflower seeds and fresh basil.



30 minutes



2 servings



Plant-Based

Change it up!

Turn this dish into a tray bake. Toss the zoodles with olive oil, salt and pepper and place into an oven dish. Pour over the sauce and sprinkle over parmesan and seeds. Bake in a moderate oven for 20 minutes. Top with fresh basil to serve.

Per serve: **PROTEIN** 16g **TOTAL FAT** 27g **CARBOHYDRATES** 55g

FROM YOUR BOX

SHALLOT	1
GARLIC CLOVE	1
EGGPLANT	1
GREEN OLIVES	1 jar
PASTA SAUCE	1 jar
ZUCCHINI	1
CARROTS	2
SEED TOPPING MIX	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, kettle

NOTES

If you don't want to make the noodles, grate the carrots and zucchini and add them to the sauce. Serve with pasta of choice.

Toast the seeds if you like!

Seed topping mix: pepitas, sunflower seeds, nutritional yeast.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice and add **shallot** along with **2 tsp Italian herbs** and crushed **garlic**. Dice **eggplant**, adding to pan as you go. Cook for 5 minutes, then drain the **olives** and add them to the pan (use to taste).



4. FINISH AND SERVE

Divide zoodles among bowls and top with sauce. Sprinkle with **seed topping mix** and **basil** (see notes).



2. SIMMER THE SAUCE

Add **pasta sauce** and **1/2 jar water** to the pan. Cover and simmer for 10 minutes. Season to taste with **1/2 tbsp vinegar, salt and pepper**.

Boil the kettle for step 4.



3. MAKE THE ZOODLES

Julienne or ribbon **zucchini** and **carrots** into a bowl, using a julienne peeler/spiralizer or vegetable peeler (see notes).

Pour boiled water over the noodles to heat and soften (optional). Leave for 2 minutes, then drain.

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