





# **Product Spotlight: Sunflower Seeds**

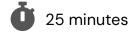
Sunflower seeds come from the centre of the sunflower. They are a great source of vitamin E, minerals, essential fats and protein. They have a mild nutty flavour and can be eaten as snacks or sprinkled on a salad or stew.



# Spaghetti with Avocado Pesto

# and Blistered Tomatoes

Fresh hemp spaghetti from Gluten Free Lab tossed with a creamy avocado and basil pesto, roast cherry tomatoes, corn and zucchini.







# Change the sauce!

You can blend the sunflower seed mix and basil with lemon juice and olive oil instead of the avocado. Save the avocado for breakfast!

TOTAL FAT CARBOHYDRATES

32g

89g

#### FROM YOUR BOX

ZUCCHINI	1
CORN COB	1
CHERRY TOMATOES	200g
SUNFLOWER SEED/ NUTRITIONAL YEAST MIX	1 packet
BASIL	1 packet
BASIL AVOCADO	1 packet
	•
AVOCADO	1

#### FROM YOUR PANTRY

olive oil, salt, pepper, apple cider vinegar, dried oregano

#### **KEY UTENSILS**

oven tray, saucepan, stick mixer or blender

#### **NOTES**

The pesto is tossed with the spaghetti before adding the vegetables to evenly coat the pasta. You can serve the vegetables on the side if preferred.





#### 1. ROAST THE VEGETABLES

Set oven to 250°C.

Slice zucchini and remove corn from cob. Toss on a lined oven tray with tomatoes (halve larger ones), 1 tsp oregano, olive oil, salt and pepper. Roast for 15 minutes until tomatoes are blistered.



## 2. MAKE THE PESTO

Bring a saucepan of water to a boil (for step 3).

Blend seed mix with basil leaves (save some for garnish), avocado, crushed garlic and 1 tbsp vinegar with a stick mixer until smooth.



#### 3. COOK THE SPAGHETTI

Cook spaghetti in boiling water for 3-4 minutes or until al dente. Reserve 1 cup cooking water before draining.



### 4. TOSS THE SPAGHETTI

Toss spaghetti with pesto and 1/2-1 cup reserved cooking water until coated (see notes). Toss in vegetables until combined. Season with salt and pepper to taste.



# 5. FINISH AND SERVE

Serve spaghetti topped with reserved basil leaves.





