



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.



25 minutes



2 servings



Plant-Based

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	32g	89g

FROM YOUR BOX

ZUCCHINI	1
CORN COB	1
CHERRY TOMATOES	200g
SUNFLOWER SEED/ NUTRITIONAL YEAST MIX	1 packet
BASIL	1 packet
AVOCADO	1
GARLIC	1 clove
FRESH HEMP SPAGHETTI	1 packet

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.



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.



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.



5. FINISH AND SERVE

Serve spaghetti topped with reserved basil leaves.



3. COOK THE SPAGHETTI

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



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