




### 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** 25g **TOTAL FAT** 33g **CARBOHYDRATES** 68g

## 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.



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### 1. ROAST THE VEGETABLES

Set oven to 250°C.

Slice **zucchini** and remove **corn kernels** 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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