



Product Spotlight: Walnuts

Many people keep walnuts in their pantry, but they are actually best stored in the fridge or freezer. Once open, put them in an airtight container and store them in the freezer to maximise their shelf life.



Walnut & Super Greens Pesto Pasta

Naturally gluten-free penne pasta tossed through home-made bright kale, walnut, lemon and basil pesto, served with roasted cauliflower and cherry tomatoes.



30 minutes



2 servings



Plant-Based

Switch it up!

Don't have a food processor for the pesto? No worries! Finely chop all the ingredients and mix together in a large bowl. You may need some extra olive oil to loosen the pesto.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	45g	95g

FROM YOUR BOX

CAULIFLOWER	1/2
CHERRY TOMATOES	200g
KALE	3 leaves
BASIL	1 packet
LEMON	1
GARLIC CLOVES	2
WALNUTS	1 packet
FRESH PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian herbs (see notes)

KEY UTENSILS

large saucepan, oven tray, food processor or stick mixer, kettle

NOTES

Substitute Italian herbs with dried rosemary, thyme, oregano, ground paprika, or lemon pepper.

Toast reserved walnuts in a dry frypan for garnish.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C, boil the kettle and bring a large saucepan of water to a boil.

Cut cauliflower into florets. Toss on a lined oven tray with tomatoes, **oil, 1 tsp Italian herbs, salt and pepper**. Roast for 20–25 minutes until tender.



4. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions or until al dente. Reserve **1/2–1 cup cooking liquid** for step 5. Drain pasta and return to saucepan.



2. BLANCHE THE KALE

Roughly tear kale leaves and add to a large bowl. Pour **hot water** over kale and leave to sit for 2–3 minutes. Drain kale.



5. TOSS THE PESTO

Add pesto and remaining kale leaves to saucepan with pasta. Add reserved **cooking liquid**, 1/4 cup at a time, and toss to coat pasta. Season to taste with **salt and pepper**.



3. MAKE THE PESTO

Add 3/4 kale leaves to a food processor along with 1/2 packet basil (including tender stems), lemon zest and juice from 1/2 lemon, garlic cloves, 3/4 packet walnuts (see notes), **2 tbsp olive oil, 1 tbsp water, salt and pepper**. Blend to pesto consistency.



6. FINISH AND SERVE

Wedge remaining lemon and tear or chop basil leaves.

Divide pasta among shallow bowls. Top with roasted vegetables. Garnish with remaining walnuts and basil. Serve with lemon wedges.

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