



Product Spotlight: Walnuts

Keep them cool! Walnuts are naturally rich in oils, which means they stay fresher for longer when stored in the fridge or freezer rather than the pantry.



Walnut & Super Greens Pesto Pasta

Penne pasta tossed through home-made kale, walnut, lemon and basil pesto, served with roasted cauliflower and cherry tomatoes.



30 minutes



4/6 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
4/6 Person:	26g/31g	29g/21g	92g/118g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
SHORT PASTA	1 packet	2 packets
KALE LEAVES	6	8
BASIL	60g	2x 60g
LEMON	1	2
GARLIC CLOVES	2	2
WALNUTS	2 x 80g	2 x 80g

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.

No gluten option - pasta is replaced with fresh GF pasta. Boil for 3-5 minutes or until tender.



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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 **cherry tomatoes, oil, 2-3 tsp Italian herbs, salt and pepper**. Roast for 20-25 minutes until golden and tender.



4. MAKE THE PESTO

Place **kale** in a food processor, **reserving some leaves** for step 5. Add **1/2 packet basil, zest and juice of 1/2 lemon, crushed garlic, 3/4 of the walnuts, 2 tbsp olive oil, 1 tbsp water, salt and pepper**. Blend to a **pesto** consistency.

6P - use 1 pk basil, 1 lemon and 3 tbsp oil.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**



2. COOK THE PASTA

Add **pasta** to boiling water. Cook for 2 minutes or until al dente. Reserve **1 1/2 cups cooking liquid** for step 5. Drain **pasta** and return to saucepan.



5. TOSS THE PESTO

Add **pesto** and **remaining kale leaves** to saucepan with **pasta**. Add reserved **cooking liquid**, 1/2 cup at a time, and toss to coat **pasta**. Season to taste with **salt and pepper**.



3. BLANCH THE KALE

In the meantime, roughly tear **kale leaves** (remove stems) and add to a large bowl. Pour **hot water** over **kale** and leave to sit for 2-3 minutes then drain.



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**.

