



Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora.

A healthy gut promotes good digestion and boosts immunity.



Oodles of Zoodles with Olive and Eggplant Sauce

Zucchini and carrot noodles topped with a rich olive and eggplant sauce and finished with pepitas, sunflower seeds and fresh basil.



30 minutes



4 servings



Plant-Based

Change it up!

Turn this dish into a tray bake. Toss the zoodles with olive oil, salt and pepper and place into an oven dish. Pour over the sauce and sprinkle over parmesan and seeds. Bake in a moderate oven for 20 minutes. Top with fresh basil to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	20g	33g

FROM YOUR BOX

RED ONION	1
GARLIC CLOVES	2
EGGPLANT	1
GREEN OLIVES	1 jar
PASTA SAUCE	1 jar
ZUCCHINIS	2
CARROTS	2
SEED TOPPING MIX	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, kettle

NOTES

If you don't want to make the noodles, grate the carrots and zucchinis and add them to the sauce. Serve with pasta of choice.

Toast the seeds if you like!

Seed topping mix: pepitas, sunflower seeds, nutritional yeast.



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1. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add **onion** along with **3 tsp Italian herbs** and crushed garlic. Sauté for 3 minutes.



2. ADD EGGPLANT AND SAUCE

Dice **eggplant**, adding to pan as you go. Cook for 5 minutes, then drain the **olives** and add them to the pan.



3. SIMMER THE SAUCE

Add **pasta sauce** and **1 jar water** to the frypan. Cover and simmer for 10 minutes. Season to taste with **1 tbsp vinegar, salt and pepper**.

Boil the kettle for step 4.



4. MAKE THE ZOODLES

Julienne or ribbon **zucchini**s and **carrots** into a bowl, using a julienne peeler/spiralizer or vegetable peeler (see notes).

Pour boiled water over the noodles to heat and soften (optional). Leave for 2 minutes, then drain.



5. FINISH AND SERVE

Divide zoodles among bowls and top with sauce. Sprinkle with **seed topping mix** and chopped **basil leaves**.

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