

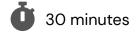




Antipasto Pasta Salad

with Grilled Courgettes

Legume pasta tossed with grilled sliced vegetables, tomato and antipasto mix from Kitchen 2 Kitchen. Served with a shallot dressing and finished with almond parmesan.





2 servings



Make it warm!

Pan-fry the halved cherry tomatoes. Add the spinach and dressing. Reserve 1/2 cup pasta water when draining and add to frypan with pasta and grilled vegetables. Toss well and sprinkle with almond parmesan.

TOTAL FAT CARBOHYDRATES

39g

117g

FROM YOUR BOX

LEGUME PASTA	1 packet
SHALLOT	1
COURGETTES	2
ТОМАТО	1
BABY SPINACH	1 bag (60g)
ANTIPASTO MIX	1 packet
ALMOND PARMESAN	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

large grill/frypan, saucepan

NOTES

You can grill the vegetables on the barbecue if preferred.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain pasta and run under cold water.



2. MAKE THE DRESSING

Finely dice shallot and add to a bowl with 2 tbsp olive oil, 1 tbsp balsamic vinegar, 1/2 tsp oregano, salt and pepper. Whisk together and set aside.



3. GRILL THE VEGETABLES

Heat a grill/frypan over medium-high heat with oil. Slice courgettes. Toss with oil, salt and pepper. Add to grill and cook for 3-4 minutes each side until tender. Remove to a board and slice into strips (see notes).



4. TOSS THE VEGETABLES

Dice tomato. Toss together with sliced courgettes, spinach and antipasto mix in a large bowl.



5. ADD THE PASTA

Add pasta and dressing to the bowl, mix well. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve pasta salad in bowls and sprinkle with almond parmesan.



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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**



