



Product Spotlight: Rocket Leaves

The peppery taste of rocket leaves makes it a popular choice in salads, sandwiches and as a pizza topping! It's a versatile and nutritious green that has gained popularity in many cuisines around the world.



Antipasto Fusilli

A gluten-free fusilli pasta salad with peppery rocket leaves, juicy tomatoes, garlic sautéed zucchini and protein-rich white beans tossed in a fresh lemon dill dressing.



30 minutes



2-4 servings



Plant-Based

Warm it up!

You can roast the tomatoes, beans, garlic and zucchini in the oven with some balsamic vinegar. Toss with cooked pasta, dill, antipasto and rocket leaves for a warmed up version!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	20g	64g

FROM YOUR BOX

FUSILLI PASTA (GF)	1 packet
ZUCCHINI	1
LEMON	1
GARLIC	1
DILL	1 packet
CHERRY TOMATOES	200g
ANTIPASTO MIX	1 packet
TINNED WHITE BEANS	400g
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup

KEY UTENSILS

saucepan, large frypan

NOTES

Cook the tomatoes with the zucchini for 8-10 minutes to soften if you prefer!



1. COOK THE PASTA

Bring a large saucepan of water to the boil. Add **pasta** and cook according to the packet instructions. Drain and rinse in cold water.



2. SAUTÉ THE ZUCCHINI

Dice **zucchini** (1cm cubes) and **zest lemon**. Heat a frypan over medium-high heat with **oil**. Add **zucchini** and sauté for 5 minutes or until cooked to your liking (see notes). Crush in **garlic** and season with **lemon zest, salt and pepper**.



3. MAKE THE DRESSING

Mix to combine **1/4 cup olive oil, 1 tsp maple syrup, juice from 1 lemon, chopped dill, salt and pepper**.



4. PREPARE THE INGREDIENTS

Halve **cherry tomatoes**, chop content from the **antipasto mix** (include any oil and herbs from the packet). Drain and rinse **beans**. Add to a large bowl with **rocket leaves**.



5. TOSS IT ALL TOGETHER

Add **pasta** to salad bowl along with **zucchini**. Toss to combine with **2/3 dressing** and adjust **seasoning** if needed.



6. FINISH AND SERVE

Serve **pasta salad** at the table with extra **dressing** to taste.



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