



### Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



## Cheesy Broccoli Pasta

Naturally gluten-free rice & quinoa pasta shells tossed in a broccoli and cashew cheese sauce, loaded with secret veggies, garnished with fresh thyme and a seed sprinkle.



30 minutes



2 servings



Plant-Based

## Switch it up!

*Instead of adding the broccoli to the pasta, you can cut it into florets. Add to a pan over medium-high heat with 1/4 cup water. Cook, covered, for 3 minutes until tender. Season with salt and pepper and serve as a side dish.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 30g **CARBOHYDRATES** 132g

## FROM YOUR BOX

CASHEW & NUTRITIONAL YEAST MIX	100g
RICE & QUINOA PASTA SHELLS	1 packet
BROWN ONION	1
GARLIC CLOVE	1
CARROT	1
BROCCOLI	1
THYME	1 packet
HEMP & SEED MIX	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard (optional), soy sauce or tamari

## KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

## NOTES

Soak cashew & nutritional yeast mix in hot water to help the cashews soften.

This pasta has a longer cooking time than conventional pastas. Keeping the pan semi-covered while cooking will ensure the water does not evaporate before the pasta is fully cooked.

*Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas*



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### 1. MAKE THE CHEESE SAUCE

Bring a large saucepan of water to a boil.

Add **cashew mix**, **1 tsp mustard** and **1 cup hot water** (see notes) to a bowl. Leave to soak. Using a stick mixer, blend mix (including liquid) to a smooth consistency. Season with **salt and pepper**.



### 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook, semi-covered, for 20 minutes or until al dente (see notes). Reserve **2 cups cooking liquid** and drain **pasta**. Reserve saucepan for step 5.



### 3. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic**, grate **carrot** and finely chop **broccoli**. Remove **thyme leaves** (see cover for notes) from **1/2 bunch**, reserve remaining for garnish. Keep separate.



### 4. TOAST THE SEEDS

Heat a frypan over medium-high heat. Add **seed mix** and toast for 1–2 minutes, stirring. Add **1 tsp soy sauce** and cook for 30 seconds until coated. Set aside.



### 5. MAKE THE SAUCE

Reheat saucepan over medium-high heat with **oil**. Add **onion** and cook for 3 minutes. Add **garlic**, **thyme**, **carrot** and **broccoli**. Cook for 5 minutes until softened.

Add **pasta**, **cheese sauce** and **3/4 – 1 cup cooking liquid**. Toss to coat.



### 6. FINISH AND SERVE

Adjust seasoning with **salt and pepper** to taste.

Divide **pasta** among shallow bowls. Top with **seed sprinkle** and garnish with **reserved thyme leaves**.

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