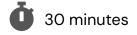


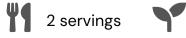


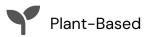


# Cheesy Broccoli Pasta

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 super seed sprinkle.







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 TOTAL FAT CARBOHYDRATES

9g 29g

67g

#### FROM YOUR BOX

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

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard (optional)

#### **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.

You can cut broccoli into large florets if preferred.



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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. Return pasta to pan for step 5.



### 3. PREPARE THE INGREDIENTS

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



# 4. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Add onion and sauté for 3 minutes. Add garlic, thyme leaves, carrot and broccoli. Sauté for 5 minutes until softened.



# **5. TOSS THE PASTA**

Add cheese sauce and 3/4 - 1 cup cooking liquid to pasta (add more cooking liquid as necessary to loosen sauce). Toss to coat pasta. Add sautéed ingredients and mix to combine. Season to taste with salt and pepper.



# 6. FINISH AND SERVE

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

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



