



Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



Garlicky Tomato Pasta

Rich, creamy tomato pasta sauce made with cherry tomatoes and silky skordalia, tossed through gluten-free spaghetti and served with toasted pine nuts and pan-fried green veggies.



30 minutes



Plant-Based



2 servings

Bulk it up!

Want to get some extra servings or bulk up this dish? Serve with a side of garlic bread, extra roasted vegetables, or stir a handful of baby spinach through the pasta at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	34g	88g

FROM YOUR BOX

GF SPAGHETTI	250g
BROWN ONION	1
CHERRY TOMATOES	200g
TINNED CHERRY TOMATOES	400g
PINE NUTS	1 packet
BROCCOLI *	1
GARLIC CLOVE	1
SKORDALIA / GARLIC DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, dried chilli flakes (optional)

KEY UTENSILS

2 frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

*Broccolini was switched to broccoli due to availability.



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1. COOK THE PASTA

Bring a large saucepan of water to a boil. Add **spaghetti** and cook according to packet instructions or until al dente. Reserve **3/4 cup cooking liquid**, then drain **spaghetti**.



4. COOK THE GREENS

Heat a second frypan over medium-high heat with **oil**. Trim and cut **broccoli** into florets and crush **garlic**. Add to pan as you go along with **1/4 cup water**. Cook, covered, for 3–4 minutes until just tender. Season with **salt and pepper**.



2. MAKE PASTA SAUCE

Heat a large frypan over medium heat with **oil**. Dice and add **onion** along with **1 tsp rosemary** and **cherry tomatoes**. Cook, covered, for 5 minutes until **tomatoes** are bursting. Add **tinned tomatoes**, simmer for 8–10 minutes, until **sauce** has thickened slightly.



5. TOSS THE PASTA

Add **skordalia** and **1/3 cup cooking liquid** to **pasta sauce**. Simmer for 2–4 minutes until the **sauce** is warmed through. Add **spaghetti** and toss to coat. Add extra **cooking liquid** as needed to loosen the **sauce**.



3. TOAST THE NUTS

Heat a second frypan over medium-high heat. Add **pine nuts** and toast for 2–4 minutes or until golden. Remove to a bowl and keep pan over heat for step 4.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls. Top with **pine nuts** and a pinch of **dried chilli flakes**. Serve **garlicky broccoli** alongside.

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