



Product Spotlight: Kalamata Olives

Kalamata olives take their name from the city of Kalamata, Greece, where they were first grown. Like most olives, they are rich in antioxidants and healthy fats.



Lemon Hummus Pasta with Basil

Creamy lemon-hummus sauce tossed through pasta with cherry tomatoes, kalamata olives and fresh basil.



25 minutes



2-3 servings



Plant-Based

Jazz it up!

You can roast the vegetables for this pasta if preferred! Add some capsicum, mushrooms or zucchini to make extra serves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	9g	98g

FROM YOUR BOX

GRAIN PASTA	400g
TINNED CHICKPEAS	400g
LEMON	1
BROCCOLI	1
BROWN ONION	1
CHERRY TOMATOES	200g
PITTED KALAMATA OLIVES	1 tub
BASIL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

This dish makes extra serves. To make less, add 1/2 a packet of pasta in step 1.

You can use dried Italian herbs or thyme if you don't have dried oregano. Add crushed garlic if you have some.



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1. COOK THE PASTA

Bring a saucepan of water to a boil (see notes). Add **pasta** to boiling water and cook for 7 minutes (continue at step 3).



2. MAKE THE SAUCE

While the **pasta** cooks, blend together **chickpeas and water from tin** with **lemon zest and juice**. Season with **salt and pepper**.



3. ADD THE BROCCOLI

Cut **broccoli** into small florets. Add to **pasta** as it cooks for 2-4 minutes until **pasta** is tender. Reserve **1/2 cup cooking water** before draining. Set aside.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Dice **onion** and halve **tomatoes**. Add all to pan with **2 tsp oregano** (see notes). Cook for 6-8 minutes until tender.



5. TOSS THE PASTA

Drain and rinse **olives**. Toss with **pasta, broccoli, vegetables** and **hummus sauce**. Loosen with **reserved cooking water** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide **pasta** among bowls. Garnish with sliced **basil leaves** and a sprinkle of **dried chilli flakes** (optional).

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