



**Product Spotlight:
Cauliflower**

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



Pasta Alfredo

with Roasted Cherry Tomatoes

Three-grain spaghetti, tossed through a homemade plant-based creamy Alfredo sauce of cauliflower, almonds and nutritional yeast, served with herby roasted button mushrooms and cherry tomatoes.

30 minutes

2 servings

Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	9g	146g

FROM YOUR BOX

BLANCHED ALMOND + NUTRITIONAL YEAST MIX	40g
CHERRY TOMATOES	200g
BUTTON MUSHROOMS	150g
3 GRAIN SPAGHETTI	1 packet
CAULIFLOWER	1/2
BROWN ONION	1
GARLIC	2 cloves
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large saucepan, oven dish, stick mixer (or small blender), kettle

NOTES

Garnish with herbs such as fresh parsley, basil or oregano.



1. PREPARE THE INGREDIENTS

Boil the kettle, set oven to 220°C and bring a large saucepan of water to a boil.

Add almond and nutritional yeast mix to a bowl. Pour over **1 cup hot water** and leave to soak.

Roughly chop cauliflower.



2. ROAST THE VEGETABLES

Quarter mushrooms. Toss in a lined oven dish with cherry tomatoes, **oil, 1 tsp Italian herbs, salt and pepper**. Roast for 15–20 minutes until tomatoes are bursting.



3. COOK THE PASTA

Add pasta to boiling water. Cook for 4 minutes. Add cauliflower and cook for further 2–3 minutes until cauliflower is tender and pasta is al dente. Remove cauliflower and drain pasta. Keep saucepan over heat.



4. MAKE THE SAUCE

Add sliced onion, roughly chopped garlic and lemon zest to saucepan with extra **oil**. Sauté for 3–5 minutes until onion has softened. Remove from heat. Add cauliflower and almond and yeast mix (including water). Use stick mixer to blend until smooth.



5. TOSS THE PASTA

Add drained pasta to sauce. Toss until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Wedge lemon.

Divide pasta among shallow bowls. Top with roasted vegetables and serve with lemon wedges (see notes).



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