



Product Spotlight: Almonds

Despite being referred to as nuts, almonds are actually seeds of the fruit of the almond tree! They are great for adding flavour, texture and nutrition to dishes!



Roast Mushroom Pasta with Lemon and Almond Cream

Roast lemon and garlic blended into a creamy almond sauce, tossed with grain pasta, mushrooms and cauliflower.



30 minutes



2-3 servings



Plant-Based

Switch it up!

Instead of blending the sauce, you can whisk lemon zest and juice with olive oil to make a light dressing for the pasta. Chop and toast the almonds for crunch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	13g	95g

FROM YOUR BOX

LEMON	1
GARLIC BULB	1
BUTTON MUSHROOMS	150g
CHERRY TOMATOES	200g
CAULIFLOWER	1/2
SHORT PASTA (GF)	400g
BLANCHED ALMONDS	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, saucepan, stick mixer or blender

NOTES

You can use dried oregano, tarragon or Italian herbs instead of thyme.

Add extra vegetables such as eggplant, capsicum or zucchini to roast if you would like more serves.

Use the whole packet of pasta for extra serves. Use 1/2 the packet for 2 serves and use the sauce to taste if preferred.



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1. PREPARE LEMON & GARLIC

Set oven to 220°C.

Cut **lemon** and **garlic bulb** in half horizontally. Rub cut sides with **oil** and place on a lined oven tray.



2. ROAST THE VEGETABLES

Quarter **mushrooms**, halve **tomatoes** and cut **cauliflower** into small florets. Add to tray and toss with **2 tsp dried thyme**, **1/2 tsp chilli flakes**, **oil**, **salt** and **pepper** (see notes). Roast for 25 minutes until cooked through.



3. COOK THE PASTA

While vegetables are cooking, bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente (see notes). Drain and set aside.



4. BLEND THE SAUCE

After vegetables are roasted, squeeze juice from roasted lemon and garlic from bulb into a jug for blending. Blend together with **2 tbsp olive oil**, **1/2 cup water** and **almonds** using a stick mixer or blender until smooth.



5. TOSS THE PASTA

Toss pasta with the blended sauce until coated. Season to taste with **salt** and **pepper**. Toss roasted vegetables through. Chop **parsley** and use to garnish. Serve at the table.

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**

