



### Product Spotlight: Shallot

Shallots can be consumed raw in salads and sandwiches or used in soups, stews, pizzas, pasta and sauces. Asian cuisines often feature pickled shallot.



## Antipasto Pasta Salad with Grilled Courgettes

Legume pasta tossed with grilled sliced vegetables, tomato and antipasto mix from Kitchen 2 Kitchen. Served with a shallot dressing and finished with almond parmesan.



30 minutes



4 servings



Plant-Based

## Make it warm!

*Pan-fry the halved cherry tomatoes. Add the spinach and dressing. Reserve 1/2 cup pasta water when draining and add to frypan with pasta and grilled vegetables. Toss well and sprinkle with almond parmesan.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	27g	62g

## FROM YOUR BOX

LEGUME PASTA	1 packet
SHALLOT	1
RED CAPSICUM	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
BABY SPINACH	1 bag (120g)
ANTIPASTO MIX	1 packet
ALMOND PARMESAN	1 packet (40g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

## KEY UTENSILS

large grill/frypan, saucepan

## NOTES

You can grill the vegetables on the barbecue if preferred.



### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain pasta and run under cold water.



### 2. MAKE THE DRESSING

Finely dice shallot and add to a bowl with **3 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp oregano, salt and pepper**. Whisk together and set aside.



### 3. GRILL THE VEGETABLES

Heat a grill/frypan over medium-high heat with **oil**. Slice capsicum and zucchini. Toss with **oil, salt and pepper**. Add to grill and cook for 3-4 minutes each side until tender. Remove to a board and slice into strips (see notes).



### 4. TOSS THE VEGETABLES

Halve tomatoes. Toss together in a large bowl with sliced courgettes, spinach and antipasto mix.



### 5. ADD THE PASTA

Add pasta and dressing to the bowl, mix well. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve pasta salad in bowls and sprinkle with almond parmesan.



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