



Product Spotlight: Rocket Leaves

The peppery taste of rocket leaves makes it a popular choice in salads, sandwiches and as a pizza topping! It's a versatile and nutritious green that has gained popularity in many cuisines around the world.



Antipasto Fusilli

A gluten-free fusilli pasta salad with peppery rocket leaves, juicy tomatoes, garlic sautéed zucchini and protein-rich white beans tossed in a fresh lemon dill dressing.



30 minutes



4/6 servings



Plant-Based

Warm it up!

You can roast the tomatoes, beans, garlic and zucchini in the oven with some balsamic vinegar. Toss with cooked pasta, dill, antipasto and rocket leaves for a warmed up version!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	19g/20g	15g/17g	48g/52g

FROM YOUR BOX

	4 PERSON	6 PERSON
FUSILLI PASTA (GF)	1 packet	2 packets
ZUCCHINI	1	2
LEMON	1	2
GARLIC CLOVE	1	2
DILL	1 packet	2 packets
CHERRY TOMATOES	2 x 200g	3 x 200g
ANTIPASTO MIX	1 packet	2 packets
TINNED WHITE BEANS	400g	2 x 400g
ROCKET LEAVES	60g	2 x 60g

FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup

KEY UTENSILS

saucepan, large frypan

NOTES

Cook the tomatoes with the zucchini for 8–10 minutes to soften if you prefer!



1. COOK THE PASTA

Bring a large saucepan of water to the boil. Add **pasta** and cook according to the packet instructions. Drain and rinse in cold water.

6P – use 1 1/2 packet of pasta.



2. SAUTÉ THE ZUCCHINI

Dice **zucchini** (1cm cubes) and **zest lemon**. Heat a frypan over medium-high heat with **oil**. Add **zucchini** and sauté for 5 minutes or until cooked to your liking (see notes). Crush in **garlic** and season with **lemon zest, salt and pepper**.



3. MAKE THE DRESSING

Mix to combine **1/4 cup olive oil, 1 tsp maple syrup, juice from 1 lemon, chopped dill, salt and pepper**.

6P – Mix to combine **1/3 cup olive oil, 2 tsp maple syrup, juice from 1 1/2 lemon, chopped dill, salt and pepper**.



4. PREPARE THE INGREDIENTS

Halve **cherry tomatoes**, chop content from the **antipasto mix** (include any oil and herbs from the packet). Drain and rinse **beans**. Add to a large bowl with **rocket leaves**.



5. TOSS IT ALL TOGETHER

Add **pasta** to salad bowl along with **zucchini**. Toss to combine with **2/3 dressing** and adjust **seasoning** if needed.



6. FINISH AND SERVE

Serve **pasta salad** at the table with extra **dressing** to taste.



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