



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Cheesy Broccoli Pasta

Naturally gluten-free rice & quinoa pasta shells tossed in a broccoli and cashew cheese sauce, loaded with secret veggies, garnished with fresh thyme and a super seed sprinkle.



30 minutes



4 servings



Plant-Based

Switch it up!

Instead of adding the broccoli to the pasta, you can cut it into florets. Add to a pan over medium-high heat with 1/4 cup water. Cook, covered, for 3 minutes until tender. Season with salt and pepper and serve as a side dish.

| | | | |
|------------|----------------|------------------|----------------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 18g | 27g | 59g |

FROM YOUR BOX

| | |
|--------------------------------|-----------|
| CASHEW & NUTRITIONAL YEAST MIX | 2 x 100g |
| RICE & QUINOA PASTA SHELLS | 2 packets |
| BROWN ONION | 1 |
| GARLIC CLOVES | 2 |
| CARROT | 1 |
| BROCCOLI | 1 |
| THYME | 1 packet |
| SUPER SEED SPRINKLE | 1 packet |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard (optional)

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

Soak cashew & nutritional yeast mix in hot water to help the cashews soften.

This pasta has a longer cooking time than conventional pastas. Keeping the pan semi-covered while cooking will ensure the water does not evaporate before the pasta is fully cooked.

You can cut broccoli into large florets if preferred.



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1. MAKE THE CHEESE SAUCE

Bring a large saucepan of water to a boil.

Add **cashew mix**, **1 tsp mustard** and **1 cup hot water** (see notes) to a bowl. Leave to soak. Using a stick mixer, blend mix (including liquid) to a smooth consistency. Season with **salt and pepper**.



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook, semi-covered, for 20 minutes or until al dente (see notes). Reserve **2 cups cooking liquid** and drain pasta. Return pasta to pan for step 5.



3. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic**, grate **carrot** and finely chop **broccoli** (see notes). Remove **thyme leaves** (see cover for notes) from 1/2 bunch, reserve remaining for garnish.



4. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Add onion and sauté for 3 minutes. Add garlic, thyme leaves, carrot and broccoli. Sauté for 5 minutes until softened.



5. TOSS THE PASTA

Add cheese sauce and **1 - 1 1/2 cups cooking liquid** to pasta (add more cooking liquid as necessary to loosen sauce). Toss to coat pasta. Add sautéed ingredients and mix to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with **seed sprinkle** and garnish with reserved thyme leaves.

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