



**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 seed sprinkle.



30 minutes



4/6 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
4/6 Person:	42g/45g	23g/27g	130g/135g

FROM YOUR BOX

	4 PERSON	6 PERSON
CASHEW & NUTRITIONAL YEAST MIX	2 x 100g	3 x 100g
RICE & QUINOA PASTA SHELLS	2 packets	3 packets
BROWN ONION	1	1
GARLIC CLOVES	2	3
CARROT	1	2
BROCCOLI	1	2
THYME	1 packet	1 packet
HEMP & SEED MIX	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard (optional), soy sauce or tamari

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.

Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas



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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**.

6P – add **cashew mix**, **2 tsp mustard** and **2 cups hot water**.



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**. Reserve saucepan for step 5.

6P – reserve **2 1/2 cup of cooking water**.



3. PREPARE THE INGREDIENTS

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



4. TOAST THE SEEDS

Heat a frypan over medium-high heat. Add **seed mix** and toast for 1–2 minutes, stirring. Add **1 tsp soy sauce** and cook for 30 seconds until coated. Set aside.

6P – use **2 tsp soy sauce**.



5. MAKE THE SAUCE

Reheat saucepan over medium-high heat with **oil**. Add **onion** and cook for 3 minutes. Add **garlic**, **thyme**, **carrot** and **broccoli**. Cook for 5 minutes until softened.

Add **pasta**, **cheese sauce** and **1-1 1/2 cup**



6. FINISH AND SERVE

Adjust seasoning with **salt and pepper** to taste.

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

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