



Product Spotlight: Hummus

Hummus is a much loved blend of chickpeas, tahini, lemon and garlic. Delicious as a dip, sauce or spread, and full of protein!



Lemon Hummus Pasta with Basil

Creamy lemon-hummus sauce tossed through pasta with cherry tomatoes, kalamata olives and fresh basil.



25 minutes



4/6 servings



Plant-Based

Jazz it up!

You can roast the vegetables for this pasta if preferred! Add some capsicum, mushrooms or zucchini to make extra serves.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	24g	14g/18g	58g/62g

FROM YOUR BOX

	4 PERSON	6 PERSON
GRAIN PASTA	400g	2 x 400g
HUMMUS	1 tub	2 tubs
LEMON	1	2
BROCCOLI	1	2
BROWN ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
PITTED KALAMATA OLIVES	1 tub	2 tubs
BASIL	1 packet	2 packets

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried Italian herbs or thyme if you don't have dried oregano. Add crushed garlic if you have some.



Scan the QR code to
submit a Google review!



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** to boiling water and cook for 7 minutes (continue at step 3).

6P – cook 1 1/2 packet of pasta.



2. MAKE THE SAUCE

While the **pasta** cooks, whisk together **hummus** with **lemon zest and juice**. Season with **salt and pepper**.

6P – use lemon zest and juice to taste.



3. ADD THE BROCCOLI

Cut **broccoli** into small florets. Add to **pasta** as it cooks for 2–4 minutes until **pasta** is tender. Reserve **1 cup cooking water** before draining. Set aside.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **olive oil**. Dice **onion** and halve **tomatoes**. Add all to pan with **3–4 tsp oregano** (see notes). Cook for 6–8 minutes until tender.



5. TOSS THE PASTA

Drain and rinse **olives**. Toss with **pasta**, **broccoli**, **vegetables** and **hummus sauce**. Loosen with **reserved cooking water** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide **pasta** among bowls. Garnish with sliced **basil leaves** and a sprinkle of **dried chilli flakes** (optional).

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

