

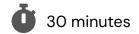




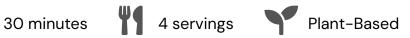
# **Roast Mushroom Pasta**

## with Lemon and Almond Cream

Roast lemon and garlic blended into a creamy almond sauce, tossed with grain pasta, mushrooms and cauliflower.







# Switch it up!

Instead of blending the sauce, you can whisk lemon zest and juice with olive oil to make a light dressing for the pasta. Chop and toast the almonds for crunch.

TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

LEMON	1
GARLIC BULB	1
BUTTON MUSHROOMS	300g
CHERRY TOMATOES	2 x 200g
CAULIFLOWER	1/2
SHORT PASTA (GF)	400g
BLANCHED ALMONDS	1 packet
PARSLEY	1 packet

#### FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried thyme, dried chilli flakes (optional)

#### **KEY UTENSILS**

oven tray, saucepan, stick mixer or blender

#### **NOTES**

You can use dried oregano, tarragon or Italian herbs instead of thyme.

Add extra vegetables such as eggplant, capsicum or zucchini to roast if you would like more serves.





#### 1. PREPARE LEMON & GARLIC

Set oven to 220°C.

Cut **lemon** and **garlic bulb** in half horizontally. Rub cut sides with **oil** and place on a lined oven tray.



#### 2. ROAST THE VEGETABLES

Quarter mushrooms, halve tomatoes and cut cauliflower into small florets. Add to tray and toss with 2 tsp dried thyme, 1/2 tsp chilli flakes, oil, salt and pepper (see notes). Roast for 25 minutes until cooked through.



#### 3. COOK THE PASTA

While vegetables are cooking, bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Drain and set aside.



#### 4. BLEND THE SAUCE

After vegetables are roasted, squeeze juice from roasted lemon and garlic from bulb into a jug for blending. Blend together with 2 tbsp olive oil, 1/2 cup water and almonds using a stick mixer or blender until smooth.



### 5. FINISH AND SERVE

Toss pasta with the blended sauce until coated. Season to taste with **salt and pepper**. Toss roasted vegetables through. Chop **parsley** and use to garnish. Serve at the table.

