



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.



Mediterranean Fusilli with Garlic Zucchini

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



30 minutes



2 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
	39g	63g	190g

FROM YOUR BOX

FUSILLI PASTA (GF)	1 packet
ZUCCHINI	1
LEMON	1
GARLIC CLOVE	1
DILL	1 packet
CHERRY TOMATO MEDLEY	1 punnet
ANTIPASTO MIX	1 packet
TINNED WHITE BEANS	400g
ROCKET LEAVES	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 a boil. Add pasta and cook according to the packet instructions. Drain and rinse in cold water.



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.



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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