



### Product Spotlight: Sun Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



## Sun Dried Tomato Mac n Cheese

Sun-dried tomatoes, cashews and nutritional yeast make up this delectable creamy sauce that is tossed through fresh gluten-free casarecce pasta, with extra tomatoes and fresh basil to serve.



25 minutes



2 servings



Plant-Based

### Bulk it up!

*You can bulk this dish up by adding roasted vegetables such as mushroom, capsicum, cherry tomatoes or eggplant. You can also top it with some toasted seeds and nuts.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 45g **CARBOHYDRATES** 81g

## FROM YOUR BOX

|                                |          |
|--------------------------------|----------|
| CASHEW + NUTRITIONAL YEAST MIX | 1 packet |
| BROWN ONION                    | 1        |
| ZUCCHINI                       | 1        |
| GARLIC CLOVE                   | 1        |
| FRESH VEGAN CASARECCE          | 1 packet |
| SUN-DRIED TOMATOES             | 1 tub    |
| BASIL                          | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan, stick mixer, kettle

## NOTES

Use a pair of scissors to chop the sun-dried tomatoes straight in the tub – quick and mess-free!



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### 1. SOAK THE CASHEWS

Boil the kettle and bring a saucepan of water to a boil.

Add **cashew and nutritional yeast mix** to a bowl. Cover with **1 cup hot water**. Leave to soak for 10 minutes.



### 2. SAUTÉ THE VEGETABLES

Dice **onion**, grate **zucchini** and crush **garlic**. Heat a large frypan over medium-high heat with **oil**. Add **vegetables** to pan and sauté for 5 minutes until softened. Reduce heat to low.



### 3. COOK THE PASTA

Add **casarecce pasta** to boiling water. Cook for 3–4 minutes or until al dente. Drain, reserving **1 cup cooking liquid** and rinse **pasta**.



### 4. BLEND THE SAUCE

Drain **tomatoes**.

Add **1/3 drained tomatoes** (reserve remaining) to **cashew mix**. Use a stick mixer or small blender to blend to smooth **sauce**.



### 5. TOSS THE PASTA & SAUCE

Add **pasta** and **sauce** to saucepan with **sautéed vegetables**. Add **1/4 – 1/2 cup cooking liquid** to pan as necessary to loosen the **sauce**. Toss to combine. Cook for 1–2 minutes to warm. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice **reserved tomatoes** (see notes) and **basil leaves**.

Divide **pasta** among shallow bowls. Garnish with **sun-dried tomato slices** and **basil**.

**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**

