



### 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 Cheeze

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	TOTAL FAT	CARBOHYDRATES
	67g	16g	124g

## FROM YOUR BOX

CASHEW + NUTRITIONAL YEAST MIX	1 packet
BROWN ONION	1
ZUCCHINI	1
GARLIC	1 clove
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!



### 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 pasta to boiling water. Cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain 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 tomato slices and basil.



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