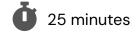


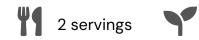


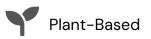


## Sun Dried Tomato Mac n Cheeze

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.







# 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 <u>1/3 drained tomatoes</u> (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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