



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
	20g	32g	97g

FROM YOUR BOX

FUSILLI PASTA (GF)	1 packet
ZUCCHINI	1
LEMON	1
GARLIC CLOVE	1
DILL	1 packet
CHERRY TOMATO MEDLEY	2 punnets
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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