




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

 4 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
	18g	37g	57g

FROM YOUR BOX

CASHEW + NUTRITIONAL YEAST MIX	2 packets
BROWN ONION	1
ZUCCHINI	1
GARLIC	2 cloves
FRESH VEGAN CASARECCE	2 packets
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 **2 cups 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 **1/2 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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