



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	31g/35g	47g/52g	83g/95g

FROM YOUR BOX

	4 PERSON	6 PERSON
CASHEW + NUTRITIONAL YEAST MIX	2 packets	3 packets
BROWN ONION	1	2
ZUCCHINI	1	2
GARLIC CLOVES	2	3
FRESH VEGAN CASARECCE	2 packets	3 packets
SUN-DRIED TOMATOES	1 tub	2 tubs
BASIL	1 packet	2 packets

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 **2 cups hot water**. Leave to soak for 10 minutes.

6P - cover cashew & nutritional yeast mix with 3 cups hot water.



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 **1/2 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**.

6P - use up to 1 cup cooking liquid.



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**.



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