



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Basil Oil Pasta

with Pan-Fried Feta and Roasted Vegetables

Pasta tossed in basil oil served topped with roasted vegetables and chickpeas, pan-fried feta cheese and finished with a sprinkle of dukkah.



25 minutes



2 servings



Vegetarian

Speed it up!

If you are looking for a shortcut to speed up this dish, you can skip pan-frying the feta cheese. Simply crumble it over your finished pasta to serve or bake it in a block with the vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	65g	44g	215g

FROM YOUR BOX

TINNED CHICKPEAS	400g
COURGETTES	2
LEMON	1
CHERRY TOMATOES	200g
SHORT PASTA	1 packet
BASIL	20g
FETA CHEESE	1 packet
DUKKAH	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, flour of choice

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer (or small blender)

NOTES

Instead of using a stick mixer to make the basil oil, finely chop the basil and mix in a bowl with remaining ingredients.

Gluten-free option - pasta replaced with GF pasta.



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1. PREPARE TRAY BAKE

Set oven to 220°C. Bring a saucepan of water to a boil.

Drain and rinse chickpeas. Pat dry. Slice courgettes into rounds. Zest lemon. Add to a lined oven tray.



2. ROAST THE TRAY BAKE

Add cherry tomatoes to tray and toss with **olive oil, 2 tsp ground paprika, salt and pepper**. Roast for 20 minutes until vegetables are tender.



3. COOK THE PASTA

Add 1/2 packet pasta to boiling water and cook according to the packed instructions. Drain and rinse, see step 6.



4. MAKE THE BASIL OIL

Add basil leaves to a jug (see notes) along with **2 tbsp olive oil, 1 tbsp water**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



5. COOK THE FETA

Slice feta. Place **1 1/2 tbsp flour and pepper** onto a plate. Coat feta in **oil** then press into seasoned flour. Heat a frypan over medium-high heat with **oil**. Cook feta for 2 minutes each side until golden (in batches if needed).



6. FINISH AND SERVE

Toss pasta with basil oil.

Divide pasta among shallow bowls. Top with roasted vegetables, chickpeas and feta. Serve with lemon wedges and sprinkle over dukkah.

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