



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



Sicilian Pesto Pasta with Crispy Capers

Cherry tomato, almond and parmesan pesto tossed through pasta, served with warm lemon and garlic pan-fried zucchini ribbons, crispy capers and fresh basil.



30 minutes



2 servings



Vegetarian

Roast it!

Roast cherry tomatoes for a deeper flavour in the pesto (add extra olive oil as necessary to blend pesto). Or speed it up by roasting all the veggies. Toss through cooked pasta, and top with parmesan, chopped almonds and basil.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	33g	102g

FROM YOUR BOX

LONG PASTA	1 packet
BLANCHED ALMONDS	40g
GARLIC CLOVES	2
PARMESAN CHEESE	1 packet
CHERRY TOMATOES	200g
BASIL	1 packet
BABY CAPERS	1 jar
ZUCCHINI	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Add a chilli. Blend in batches if you have a smaller blender, or halve tomatoes to help squash them all in. Pulse to blend for a chunky pesto, or blend for a longer time to achieve a smooth consistency.

Line plate with paper towel or a clean kitchen towel.

Alternatively, cut zucchini into thin strips.

No gluten option – pasta is replaced with GF pasta. Cook according to packet instructions.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**. Reserve pan for step 5.



2. MAKE THE PESTO

Add **almonds**, **1 garlic clove**, **1/4 cup parmesan** and **3 tbsp olive oil** to a food processor. Pulse to break up the **almonds** and form a coarse mixture. Add **tomatoes** and **1/2 packet basil** (including tender stems), blend until to chunky consistency (see notes).



3. CRISP THE CAPERS

Heat a frypan over medium-high heat with **2 tbsp oil**. Drain **capers** and pat dry. Add to pan and cook for 5-7 minutes until crispy. Remove to a lined plate (see notes) and reserve pan.



4. COOK THE VEGETABLES

Use a vegetable peeler to ribbon **zucchini** (see notes). Heat reserved pan over medium-high heat with **oil**. Add **zucchini**, **crushed garlic clove** and **lemon zest**. Cook for 2-3 minutes until tender. Add **juice of 1/2 lemon** and season with **salt and pepper**.



5. TOSS THE PASTA

Return **pasta** to saucepan over medium heat. Add **pesto** and **1/2 cup cooking liquid**. Toss to combine (add extra cooking liquid as necessary). Cook for 2-3 minutes to warm through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **remaining basil leaves** and **wedge remaining lemon**.

Divide **pasta** and **vegetables** among shallow bowls. Top with **crispy capers**, **basil** and **lemon wedges**.

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