

**Product Spotlight:  
Walnuts**

Walnuts are a good source of Omega-3s, which support brain and heart health, and since ancient times they have been recognised as a symbol of intellectuality!



## Walnut Pesto Pasta

### with Roasted Cauliflower

Fennel roasted cauliflower, red onion and sweet tomatoes tossed with tagliatelle style pasta in a homemade capsicum and walnut pesto, finished with fresh rocket and parmesan cheese.



30 minutes



2 servings



Vegetarian

## Switch it up!

*Toss the roasted veggies, rocket and parmesan cheese with a grain of choice, like quinoa or bulgur and serve the pesto as a dollop.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 40g     | 39g       | 83g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| CAULIFLOWER     | 1/2      |
| SHALLOT         | 1        |
| CHERRY TOMATOES | 200g     |
| LONG PASTA      | 1 packet |
| ROASTED PEPPERS | 1 jar    |
| WALNUTS         | 60g      |
| PARMESAN CHEESE | 1 bag    |
| GARLIC CLOVE    | 1        |
| ROCKET LEAVES   | 60g      |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds (see notes)

## KEY UTENSILS

oven tray, large saucepan, stick mixer

## NOTES

You can use dried oregano instead of fennel seeds if you prefer.

Add some chilli flakes to the pasta if you like.

**No gluten option** - Pasta is replaced with GF pasta.



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## 1. ROAST THE VEGETABLES

Set oven to 225°C and bring a large saucepan of water to a boil.

Cut cauliflower into small florets. Wedge shallot and halve cherry tomatoes. Toss on a lined oven tray with **oil, 1 tsp fennel seeds, salt and pepper**. Roast for 20 minutes or until golden and tender.



## 4. TOSS PASTA AND PESTO

Return drained pasta to the saucepan. Stir in pesto (use to taste) and roughly **1/3 cup reserved cooking water**. Warm through then gently stir in the roasted vegetables. Adjust seasoning to taste (see notes).



## 2. BOIL THE PASTA

Add pasta to the boiling water and cook according to packet instructions or until al dente. Reserve **1/2 cup cooking water**, then drain (see step 4).



## 3. MAKE THE PESTO

Drain and rinse peppers. Place in a jug along with walnuts, 1/2 packet parmesan, chopped garlic clove and **2 tbsp water**. Blend, using a stick mixer, until smooth. Season to taste with **salt and pepper**.



## 5. FINISH AND SERVE

Divide pasta, sauce and vegetables among plates and top with rocket leaves and remaining parmesan cheese to serve.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

