



### 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



4 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
	33g	22g	110g

## FROM YOUR BOX

TINNED CHICKPEAS	400g
COURGETTES	3
LEMON	1
CHERRY TOMATOES	2 x 200g
BASIL	1 packet
FETA CHEESE	1 packet
SHORT PASTA	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 the 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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