



Product Spotlight: Red Capsicum

Capsicum is an excellent source of vitamin C which is needed for growth and repair of tissues in all parts of your body. It also helps the body make collagen, giving our skin strength and elasticity.



Romesco Pasta Salad

with Roast Veggies

A fresh home-made romesco sauce, tossed with roasted veggies, olives, basil and gluten-free fresh casarecce pasta from Perth locals Gluten Free Lab.



25 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	29g	87g

FROM YOUR BOX

CHERRY TOMATOES	200g
ZUCCHINI	1
CASHEWS/NUTRITIONAL YEAST	100g
RED CAPSICUM	1
GREEN BEANS	250g
BASIL	1 packet
OLIVES	1 jar
FRESH PASTA (GF)	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, white wine vinegar

KEY UTENSILS

oven tray, saucepan, kettle, stick mixer or small blender

NOTES

You can toast the cashews in a frypan or grill the capsicum for extra flavour before blending to make the romesco.



1. ROAST THE VEGETABLES

Set oven to 220°C, boil the kettle and bring a saucepan of water to a boil.

Halve cherry tomatoes and slice zucchini. Toss on a lined oven tray with **oil, 2 tsp dried oregano, salt and pepper**. Roast for 15–20 minutes or until tender.



4. COOK THE PASTA

Add green beans and pasta to the boiling water. Cook for 2 minutes. Drain and rinse with cold water.



2. MAKE THE ROMESCO SAUCE

Add cashew mix (see notes) to a jug along with capsicum roughly chopped. Pour over **1/2 cup hot water, 1/2 cup olive oil and 2 tsp vinegar**. Season with **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



5. TOSS THE PASTA SALAD

Add pasta, green beans, roasted vegetables and romesco sauce to a large bowl. Toss until well combined. Season with **salt and pepper**.



3. PREPARE THE INGREDIENTS

Trim and slice green beans and basil leaves. Drain and roughly chop olives.



6. FINISH AND SERVE

Divide pasta salad among shallow bowls. Garnish with basil leaves.



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