



### 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



4 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
	37g	21g	113g

## FROM YOUR BOX

LONG PASTA	1 packet
BLANCHED ALMONDS	80g
GARLIC	3 cloves
PARMESAN CHEESE	1 packet
CHERRY TOMATOES	400g
BASIL	1 packet
BABY CAPERS	1 jar
ZUCCHINIS	2
BROCCOLI	1 bunch
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 squish 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 **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta. Reserve pan for step 5.



### 4. COOK THE VEGETABLES

Use a vegetable peeler to ribbon **zucchini** (see notes), cut **broccoli** into florets, crush remaining **garlic**, and zest and halve **lemon**. Reheat pan over medium-high heat with **oil**. Add zucchini, broccolini, garlic and lemon zest. Cook for 3–5 minutes until tender. Add juice of 1/2 lemon and season with **salt and pepper**.



### 2. MAKE THE PESTO

Add **almonds**, **1 garlic clove**, 1/3 cup parmesan and 1/4 cup 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).



### 5. TOSS THE PASTA

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



### 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.



### 6. FINISH AND SERVE

Roughly chop remaining basil leaves and wedge lemon.

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

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