



Product Spotlight: Eggplant

Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!



Summer Ratatouille Penne

A light cherry tomato sauce bursting with summer vegetables, sweet basil and garlic, tossed through fresh pasta and finished with creamy nut cheese.



35 minutes



4/6 servings



Plant-Based

Spice it up!

*You can add dried chilli flakes,
olives or capers to this pasta dish!*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	13g	14g	112g

FROM YOUR BOX

	4 PERSON	6 PERSON
CASHEW/NUTRITIONAL YEAST MIX	100g	2 x 100g
EGGPLANT	1	1
ZUCCHINI	1	2
BROWN ONION	1	1
GARLIC CLOVES	2	3
TINNED CHERRY TOMATOES	400g	2 x 400g
GF FRESH PENNE	2 x 250g	3 x 250g
BASIL	1 packet	2 packets
LEMON	1	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer or blender, kettle

NOTES

You can add lemon zest to the nut cheese if preferred. Fresh rosemary also works well as a substitute for the dried oregano if you want a different flavour.



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1. SOAK THE CASHEWS

Set oven to 220°C. Boil the kettle.

Place **cashew/nutritional yeast mix** in a bowl with **1/2 cup hot water** from the kettle. Set aside.

6P – use 1 cup hot water.



4. COOK THE PASTA

Add **pasta** to saucepan with boiling water. Cook for 3–5 minutes until al dente. Drain and toss into **sauce** along with **cooked vegetables** until combined. Slice **basil** and toss through. Season with **salt and pepper**.



2. ROAST THE VEGETABLES

Bring a pot of water to a boil (for step 4).

Dice **eggplant** and **zucchini**. Toss on a lined oven tray with **1 tbsp balsamic vinegar**, **1 tsp oregano**, **oil**, **salt** and **pepper**. Roast in oven for 20 minutes until cooked through.

6P – use 1 1/2 balsamic vinegar and 2 tsp oregano.



5. BLEND THE NUT CHEESE

Use a stick mixer to blend **cashews and soaking liquid** with **juice from 1/2 lemon** (wedge remaining), **1 chopped garlic clove** and **1/2 tsp oregano** until smooth (see notes). Season with **salt and pepper** to taste.

6P – use juice from 1 lemon, 1 garlic clove and 1 tsp oregano.



3. SIMMER THE SAUCE

Heat a frypan over medium heat with **2 tbsp oil**. Dice **onion** and crush **1 garlic clove**. Add to pan with **1–2 tsp oregano**. Cook for 5 minutes. Pour in **tinned cherry tomatoes** and simmer for 5 minutes.

6P – use 2 crushed garlic cloves and 2 tsp oregano.



6. FINISH AND SERVE

Divide **pasta** among bowls and top with spoonfuls of **nut cheese**. Serve with **lemon wedges**.

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