

**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 pasta in a homemade capsicum and walnut pesto, finished with fresh rocket and parmesan cheese.



30 minutes



4 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
	30g	21g	125g

FROM YOUR BOX

CAULIFLOWER	1
RED ONION	1
CHERRY TOMATOES	2 x 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 **red onion** and halve **cherry tomatoes**. Toss all on a lined oven tray with **oil**, **2 tsp fennel seeds**, **salt and pepper**. Roast for 20 minutes or until golden and tender.



4. TOSS PASTA & PESTO

Return drained **pasta** to the saucepan. Stir in **pesto** and roughly **1/2 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 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.

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