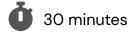


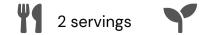
Product Spotlight: Super Seed Sprinkles

The makers of Super Seed Sprinkles believe that pure, whole foods, sourced from clean sustainable farms keep us healthy and full of energy.

Mediterranean Pasta Salad 2

Roasted vegetables and pasta tossed in a plant-based pesto garnished with Super Seed Sprinkles.









3 December 2021



Hot or cold!

This dish is equally delicious when served hot or cold. You could pack it for lunch the next day or to serve at a picnic.

FROM YOUR BOX

ZUCCHINI	1
SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
PASTA	1 packet
GREEN CAPSICUM	1
PARSLEY	1 bunch
ZUCCHINI AND BASIL PESTO	1 jar
SUPER SEED SPRINKLES	1 sachet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. ROAST THE VEGETABLES

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

Roughly dice zucchini and wedge shallot. Add to a lined oven tray along with cherry tomatoes. Toss with **oil, salt and pepper.** Roast for 12–15 minutes until vegetables are tender.



4. TOSS THE PASTA

Add pasta, pesto and roasted vegetables to bowl with fresh elements. Toss until well combined. Season with **salt and pepper**.



2. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions. Drain and rinse with cold water.



5. FINISH AND SERVE

Divide pasta salad among shallow bowls. Garnish with remaining parsley and super seed sprinkles.



3. PREPARE FRESH ELEMENT

Thinly slice capsicum and parsley leaves (reserve some for garnish). Add to a large bowl.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

