



Product Spotlight: Brussels Sprouts

Pan frying brussels sprouts brings out their sweet, almost nutty flavour and keeps them crisp meaning kids (and big kids) are more likely to enjoy them!



1 Chestnut Pappardelle with Cashew Sauce

Nutty chestnut pappardelle from the Gluten Free Lab, tossed in a creamy cashew and nutritional yeast sauce with lemon and parsley, served with roasted celeriac, brussels sprouts and broccolini.

 30 mins

 2 servings

 Plant-Based

23 April 2021

Spice it up!

Instead of tossing the parsley through the pasta sauce, you could toast some bread crumbs, garlic, salt, pepper and oil and add the parsley to that, then crumble over the pasta for added texture.

Per serve: **PROTEIN** 21g **TOTAL FAT** 18g **CARBOHYDRATES** 69g

FROM YOUR BOX

CASHEW+NUTRITIONAL YEAST	1 packet (70g)
BROWN ONION	1
CELERIAC BULB	1
BRUSSEL SPROUTS	150g
BROCCOLINI	1 bunch
LEMON	1
CHESTNUT PAPPARDELLE	1 packet
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 garlic clove

KEY UTENSILS

kettle, oven tray, large frypan, saucepan, small blender

NOTES

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



1. SOAK CASHEWS

Set oven to 220°C.

Boil the kettle. Soak cashews and nutritional yeast in a bowl with **1 1/2 cups boiled water**.

Dice onion and crush **garlic clove**.



2. ROAST VEGETABLES

Dice the celeriac into 4cm cubes, cut the brussels sprouts in half, cut broccolini in thirds. Toss on a lined oven tray with **oil, salt and pepper** (set broccolini aside). Roast celeriac and sprouts for 10-15 minutes, add broccolini, roast for a further 10 minutes.



3. MAKE THE SAUCE

Heat a frypan over medium-high heat with **oil**, add onion and **garlic**, cook for 3-5 minutes until onion is translucent. Add onion mix, cashew mix and juice of lemon to blender, blend to smooth consistency. Season with **salt and pepper**



4. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook for 2-3 minutes until al dente. Drain, rinse and set aside.

Roughly chop parsley.



5. TOSS THE PASTA

In a bowl or frypan, toss the pasta with the prepared sauce and parsley until coated.



6. FINISH AND PLATE

Evenly divide roasted vegetables and pasta among bowls.

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**

