




Product Spotlight: Leek

Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



1 Chickpea Casarecce with Corn and Cashew Sauce

Naturally gluten free chickpea casarecce pasta, sautéed corn, tossed in a cashew cream cheese sauce.

 25 mins

 2 servings

 Plant-Based

9 April 2021

Spice it up!

Adding some finely sliced fresh basil to the final dish would make a great addition and would bring extra freshness and vibrancy.

Per serve: **PROTEIN** 22g **TOTAL FAT** 35g **CARBOHYDRATES** 50g

FROM YOUR BOX

CHICKPEA CASARECCE	1 packet
LEEK	1/2 *
ZUCCHINI	1
ENGLISH SPINACH	1/2 bunch *
CORN COB	1
WATERCRESS	100g
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Make sure to give your english spinach a good rinse to remove any grit.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta, cook for 5 minutes until al dente. Reserve **1 cup water** from saucepan, drain and set aside.



2. PREPARE VEGETABLES

Slice leek, dice zucchini, rinse and slice spinach leaves (see notes) and remove corn from cob.



3. SAUTÉ THE VEGETABLES

Heat frypan over medium-high heat with **oil**. Add leek and zucchini, sauté for 5 minutes. Add spinach and corn, cook for a further 4 minutes. Season with **salt and pepper**.



4. PREPARE TOPPING

Whisk together **1 tbsp olive oil**, **1 tsp white wine vinegar**, **salt and pepper**.

Trim and slice watercress, toss in a bowl with dressing.



5. TOSS THE PASTA

Toss pasta, reserved pasta water and cashew cream cheese into pan with vegetables. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta and topping evenly 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**

