



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Basil

Basil restores the body's natural pH levels & feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions & boosts immunity.



## 1 Creamy Sun-Dried Tomato Casarecce

Chickpea casarecce tossed in a creamy sun-dried tomato sauce with artichokes and vegetables.

 25 mins

 2 servings

 Plant-Based

4 June 2021

### *Sauce it up!*

*To make the pasta even saucier, you could add 1/3 cup stock, and 3/4 cup milk alternative to the sauce.*

Per serve: **PROTEIN** 35g **TOTAL FAT** 32g **CARBOHYDRATES** 77g

## FROM YOUR BOX

CHICKPEA CASARECCE	1 packet
BROCCOLI	1/2 *
ENGLISH SPINACH	1 bunch
ARTICHOKES	1 tub
CAPERS	1 jar
SUN-DRIED TOMATOES	1/2 packet *
CASHEW CREAM CHEESE	1/2 jar *
BASIL	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you want to make a really creamy sauce, you could blend together the sun-dried tomatoes, reserved pasta water and cashew cream cheese, add it to the pan and toss the vegetables and pasta through it.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta, cook for 5 minutes until al dente. Reserve **1 1/2 cup water** from saucepan, drain and set aside.



### 2. PREPARE VEGETABLES

Finely chop the broccoli, thoroughly wash English spinach and chop, drain artichokes.



### 3. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add broccoli, sauté for 3-4 minutes, stir in artichokes.



### 4. MAKE THE SAUCE

Drain the capers. Add to pan with sun-dried tomatoes. Pour in **reserved pasta water** and cashew cream cheese (see notes). Stir to combine, season with **salt and pepper**, cook for further 3-4 minutes.



### 5. TOSS THE PASTA

Stir the spinach through the sauce. Add pasta to pan and toss through sauce until pasta is well coated.



### 6. FINISH AND PLATE

Evenly divide pasta among shallow bowls. Top with gently torn basil.

**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**

