



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



2 Grain Penne with Sweet Potato & Kale

A creamy sauce pasta with all the benefits! Grain penne with lemon butter bean sauce, sautéed kale and roast sweet potato, finished with pine nuts.

 30 minutes

 2 servings

 Plant-Based

8 February 2021

Spice it up!

You can add dried rosemary or chilli flakes to the roast veggies for extra flavour! If you prefer to not blend the beans you can roast them and use a tomato passata for the sauce instead.

Per serve: **PROTEIN** 37g **TOTAL FAT** 39g **CARBOHYDRATES** 186g

FROM YOUR BOX

SWEET POTATOES	400g
ZUCCHINI	1/2 *
GRAIN PENNE	1 packet
TINNED BUTTER BEANS	400g
LEMON	1/2 *
GARLIC	1/2 clove
PINE NUTS	1 packet (40g)
KALE	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer or blender

NOTES

To save extra washing up you can add the kale and pine nuts to the roasting tray for the last 5 minutes if preferred.



1. ROAST SWEET POTATO

Set oven to 220°C.

Dice sweet potatoes and zucchini. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until cooked through.



2. COOK THE PENNE

Bring a saucepan of water to boil. Add penne to boiling water and cook for 7-8 minutes until al-dente. Drain, rinse and return to saucepan.



3. MAKE THE SAUCE

Drain the butter beans. Blend together with lemon juice, 1/2 chopped garlic clove, **2 tbsp olive oil** and **1/2 cup water** using a stick mixer or blender until smooth. Season with **salt and pepper**. Pour over pasta and toss until combined.



4. TOAST THE PINE NUTS

Add pine nuts to a dry frypan over medium heat (see notes). Toast for 3-4 minutes until golden. Remove and set aside.



5. SAUTÉ THE KALE

Slice kale leaves. Reheat frypan over medium-high heat. Add to pan along with **1/2 tbsp olive oil** and **1/2 tsp oregano**. Cook for 5 minutes until softened.



6. FINISH AND PLATE

Divide pasta among bowls. Top with kale and roast vegetables. Garnish with toasted pine nuts.

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**

