






Product Spotlight: Tomatoes

Tomatoes contain potassium, fibre and vitamin C as well as lycopene, a rare antioxidant that can help to prevent various cancers.



3 Red Lentil Pasta with Sweet Potato & Pesto

Roast cubes of sweet potato and apple tossed with red lentil pasta and basil pesto, finished with fresh leaves and toasted pine nuts.

 25 minutes  2-3 servings  Plant-Based

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Stretch the dish!

You can easily add extra veggies such as zucchini or capsicum to the pasta to stretch the dish out. Save any leftovers and enjoy as a pasta salad for lunch the next day!

Per serve: **PROTEIN** 31g **TOTAL FAT** 40g **CARBOHYDRATES** 120g

FROM YOUR BOX

SWEET POTATO	200g
RED APPLE	1
RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
RED LENTIL PASTA	1 packet
PINE NUTS	1/2 packet (40g) *
PESTO	1 jar
ROCKET LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, balsamic vinegar

KEY UTENSILS

oven tray, saucepan, frypan

NOTES

Dice the vegetables to about 1.5cm in size for a fast and even cooking time.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potato and apple (see notes). Slice onion and halve tomatoes. Toss on a lined oven tray with **1/2 tbsp balsamic vinegar, oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



2. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8–10 minutes or until al dente. Drain and rinse.



3. TOAST THE PINE NUTS

Add pine nuts to a dry frypan. Toast for 4–5 minutes until golden.



4. TOSS THE PASTA

Toss the pasta with pesto and cooked veggies. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide pasta among bowls. Top with rocket leaves and drizzle with **balsamic vinegar**. Garnish with 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**

