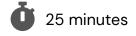




Red Lentil Pasta

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.





2-3 servings Plant-Based



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!

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.



