



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Spinach Casarecce

Locally made right here in WA. Not only is this pasta gluten free, it has the added benefit of spinach.



## 3 Spinach Casarecce with Pesto and Artichokes

A delicious spinach pasta tossed through Mediterranean vegetables, artichokes and pesto, topped with fresh rocket leaves.

 25 minutes

 2 servings

 Plant-Based

8 October 2021

## Make it a bake!

Set your oven to 220°C. Place all ingredients (minus the rocket) into an oven dish and stir to combine. Top with cheese of choice or bread crumbs and bake for 10-15 minutes or until golden and heated through. Serve with fresh rocket.

Per serve: **PROTEIN** 15g **TOTAL FAT** 45g **CARBOHYDRATES** 92g

## FROM YOUR BOX

ZUCCHINI	1/2 *
TINNED ARTICHOKEs	400g
CHERRY TOMATOES	1 bag (200g)
SPINACH CASARECCE	1 packet (250g)
PESTO	1 jar
ROCKET LEAVES	1/2 bag (60g) *
CAPERS	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you don't have fennel seeds you can use dried oregano or rosemary, or any fresh herbs you have like basil, parsley, chives, or spring onion green tops.



### 1. SAUTÉ THE VEGETABLES

Bring a saucepan of water to the boil.

Heat a frypan over medium-high heat with **oil**. Cut zucchini and add to pan along with **1 tsp fennel seeds**. Cook, stirring, for 6-8 minutes until zucchini is tender.



### 2. ADD THE ARTICHOKEs

Drain and rinse artichokes. Roughly chop. Quarter cherry tomatoes and add to pan. Cook for 2 minutes. Remove from heat. Season with **salt and pepper**.



### 3. COOK THE PASTA

Add pasta to boiling water and cook for 2-3 minutes until al dente. Drain pasta.



### 4. TOSS THE PASTA

Add pasta and pesto (to taste) to the frypan. Toss until well coated. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide pasta among shallow bowls. Top with rocket leaves and capers.

**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**

