



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Red Onion


Onions are powerful superfoods packed with beneficial nutrients, with antiviral, antibacterial & antioxidant properties.



## 1 Mediterranean Casarecce

Naturally gluten-free chickpea casarecce tossed through sautéed mediterranean vegetables and cashew cream cheese.

 25 mins

 2 servings

 Plant-Based

30 July 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	36g	52g

## FROM YOUR BOX

CHICKPEA CASARECCE	1 packet (250g)
RED ONION	1/2 *
TOMATO	1
ZUCCHINI	1
ROSEMARY	1 sprig
GREEN CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
BALSAMIC DRESSING	1 sachet
KALAMATA OLIVES	1 packet
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

We recommend garnishing with dried chilli flakes if you have some.



### 1. COOK THE PASTA

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



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Wedge red onion and tomato, thinly slice zucchini. Add to pan as you go with 1 tsp roughly chopped rosemary. Sauté for 6-8 minutes until vegetables are tender.



### 3. MAKE THE SALAD

Chop capsicum and cucumber, add to a bowl. Toss with balsamic dressing (to taste). Season with **salt and pepper**.



### 4. TOSS THE PASTA

Drain and rinse kalamata olives. Add to the pan along with cashew cream and reserved pasta water, stir to combine. Toss in pasta and stir until well coated. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Spoon pasta into shallow bowls, serve with a side of salad (see notes).

**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**

