

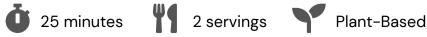
## **Product Spotlight:** Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions and boosts immunity.

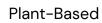


# with Corn, Lemon & Basil

Lemon tossed chickpea casarecce with sweet bursts of corn, cheesy cashew parmesan and a fresh tomato basil topping.







Spice it up!

This pasta dish is also great with crushed garlic or chilli flakes sautéed with the veggies. If you don't have dried oregano you could use dried dill, marjoram or Italian herbs instead!

### FROM YOUR BOX

CHICKPEA CASARACCE	1 packet (250g)
RED ONION	1/2 *
COURGETTES	2
GREEN BEANS	1/2 bag (75g) *
CORN COBS	2
LEMON	1/2 *
ΤΟΜΑΤΟ	1
BASIL	1 packet (20g)
CASHEW PARMESAN	1 sachet

\*Ingredient also used in another recipe

### FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

#### **KEY UTENSILS**

frypan, saucepan

### NOTES

You could toss the tomato and basil through the pasta at the end if preferred!



# **1. COOK THE PASTA**

Bring saucepan of water to boil. Add pasta to cook for 5 minutes until al dente. Drain and set aside.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **olive oil**. Slice and add onion, courgettes and beans. Remove corn from cobs and add to pan along with **1 tsp dried oregano**. Cook for 8–10 minutes until tender. Season with **salt and pepper**.



## **3. MAKE THE DRESSING**

Whisk together lemon juice and **2 tbsp** olive oil. Set aside.



# **4. PREPARE THE TOPPING**

Dice tomato and slice basil leaves. Toss together (see notes).



### **5. TOSS THE PASTA**

Toss pasta with cooked vegetables, dressing and cashew parmesan. Season with **salt and pepper** to taste.



### **6. FINISH AND PLATE**

Divide pasta among bowls and sprinkle with tomato topping.



