



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Jerusalem artichoke

The Jerusalem artichoke is actually a variety of sunflower and looks quite a lot like ginger root. It has a lovely sweet and nutty flavour.



## 3 Jerusalem Artichoke Pasta

Naturally gluten-free chickpea fettuccine tossed in pesto with mushrooms and roasted Jerusalem artichokes.

 30 mins

 2 servings

 Plant-Based

9 July 2021

### *Sauce it up!*

*Once roasted, blend your Jerusalem artichokes with the pesto for a creamier sauce on your pasta.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 62g **CARBOHYDRATES** 108g

## FROM YOUR BOX

JERUSALEM ARTICHOKES	200g
CHICKPEA FETTUCCINE	1 packet
SHALLOT	1
MUSHROOMS	300g
PARSLEY	1/2 bunch *
PESTO	75g
LEMON	1/2 *
SILVERBEET	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. JERUSALEM ARTICHOKES

Set oven to 220°C.

Cut artichokes into 1cm thick slices. Place on a lined oven tray, coat with **oil**, season with **salt and pepper**. Roast for 15–20 minutes until golden brown.



### 2. COOK THE PASTA

Bring a saucepan of water to the boil. Place the pasta in the boiling water and cook for 4 minutes. Reserve **1/2 cup cooking liquid**. Drain and rinse.



### 3. PREPARE INGREDIENTS

Slice shallot and mushrooms. Roughly chop the parsley.



### 4. SAUTÉ THE MUSHROOMS

Heat a frypan over medium-high heat with **oil**. Add shallot and sauté for 2–3 minutes. Add mushrooms and cook for a further 3–5 minutes.



### 5. TOSS THE PASTA

Add parsley and pesto into the frypan with the pasta and **reserved pasta water**, squeeze in juice from lemon to taste (wedge remaining if desired). Toss until well coated. Slice and stir through silverbeet until wilted. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Place pasta in bowls, top with roasted Jerusalem artichokes and any remaining lemon wedges.

**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](mailto:hello@dinnertwist.com.au)

