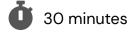




Casarecce Pasta

with Olives, Tomato & Fennel

Fresh chickpea pasta from IPastai, tossed through a braised tomato sauce with fennel, thyme and kalamata olives.







You can turn this dish into more of a broth based pasta dish. Simply add some stock and extra water for the vegetables and pasta to simmer in. Add some dried fennel seeds or fresh herbs if you have some.

PROTEIN TOTAL FAT CARBOHYDRATES

17g

29g

47g

FROM YOUR BOX

CHICKPEA CASARECCE	1 packet (500g)
FENNEL	1
RED CAPSICUM	1
RED ONION	1/2 *
ZUCCHINI	1
CHOPPED TOMATOES	2 x 400g
KALAMATA OLIVES	1 tub (100g)
WATERCRESS	1 sleeve
PARSLEY	1/2 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt and pepper, dried thyme (or herb of choice), garlic (1 clove)

KEY UTENSILS

large frypan, saucepan

NOTES

When slicing the fennel, first cut the bulb in half and remove the core. You can then slice all the bulb, stalk and chop the fronds to be used in the dish.



1. COOK THE CASARECCE

Bring a 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-high heat with 3 tbsp olive oil. Slice fennel (see notes), capsicum and onion. Dice zucchini. Add to pan as you go along with 2 tsp dried thyme and 1 crushed garlic clove. Cook for 5 minutes until softened.



3. SIMMER THE SAUCE

Pour in chopped tomatoes and 1/2 cup water. Cover and simmer for 10 minutes.



4. TOSS THE PASTA

Drain and rinse olives. Toss through sauce along with cooked pasta. Season with salt and pepper.



5. DRESS WATERCRESS

Trim and slice watercress. Toss with 1 tbsp olive oil, salt and pepper.



6. FINISH AND PLATE

Divide casarecce among bowls. Chop parsley and use to garnish. Serve with a side of watercress.



