



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



# 1 Casarecce Pasta with Olives, Tomato & Fennel

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

 30 minutes

 4 servings

 Plant-Based

22 February 2021

## Mix it up!

*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.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 29g **CARBOHYDRATES** 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.

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