




### Product Spotlight: Leek


Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



## 1 Chickpea Casarecce with Corn and Cashew Sauce

Naturally gluten free chickpea casarecce pasta, sautéed corn, tossed in a cashew cream cheese sauce.

 25 mins

 4 servings

 Plant-Based

9 April 2021

### Spice it up!

*Adding some finely sliced fresh basil to the final dish would make a great addition and would bring extra freshness and vibrancy.*

Per serve: **PROTEIN** 18g **TOTAL FAT** 20g **CARBOHYDRATES** 47g

## FROM YOUR BOX

CHICKPEA CASARECCE	1 packet (500g)
LEEK	1/2 *
BROCCOLI	1
COURGETTES	2
CORN COBS	2
CHERRY TOMATOES	1/2 bag (200g) *
WATERCRESS	100g
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

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

Depending on how thick or thin you want your pasta sauce to be, you can reserve extra of the pasta water to thin it out further.



### 1. COOK THE PASTA

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



### 2. PREPARE VEGETABLES

Slice leek, chop broccoli, dice courgettes and remove corn from cobs.



### 3. SAUTÉ THE VEGETABLES

Heat frypan over medium-high heat with **oil**. Add leek, broccoli and courgettes, sauté for 5 minutes. Stir through corn, cook for a further 4 minutes. Season with **salt and pepper**.



### 4. PREPARE TOPPING

Whisk together **1 tbsp olive oil, 1 tsp white wine vinegar, salt and pepper**.

Slice cherry tomatoes in half, trim and slice watercress, toss in a bowl with dressing.



### 5. TOSS THE PASTA

Toss pasta, reserved pasta water and cashew cream cheese into pan with vegetables. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide pasta and topping evenly among bowls.

**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**

