

Product Spotlight: Leek

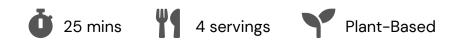
Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.

Chickpea Casarecce with Corn

and Cashew Sauce

9 April 2021

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



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.

FROM YOUR BOX

1 packet (500g)
1/2 *
1
2
2
1/2 bag (200g) *
100g
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.

