



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil restores the body's natural pH levels & feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions & boosts immunity.



1 Creamy Sun-Dried Tomato Casarecce

Chickpea casarecce tossed in a creamy sun-dried tomato sauce with artichokes and vegetables.

 25 mins

 4 servings

 Plant-Based

4 June 2021

Spice it up!

To make the pasta even saucier, you could add 1/3 cup stock, and 3/4 cup milk alternative to the sauce.

Per serve: **PROTEIN** 20g **TOTAL FAT** 17g **CARBOHYDRATES** 43g

FROM YOUR BOX

CHICKPEA CASARECCE	1 packet
ZUCCHINI	1
ENGLISH SPINACH	1 bunch
ARTICHOKES	1 tub
CAPERS	1 jar
SUN-DRIED TOMATOES	1/2 packet *
CASHEW CREAM CHEESE	1/2 jar *
BASIL	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you want to make a really creamy sauce, you could blend together the sun-dried tomatoes, reserved pasta water and cashew cream cheese, add it to the pan and toss the vegetables and pasta through it.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta, cook for 5 minutes until al dente. Reserve **1 1/2 cup water** from saucepan, drain and set aside.



2. PREPARE VEGETABLES

Cut the zucchini into crescents, thoroughly wash English spinach and chop, drain artichokes.



3. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add zucchini, sauté for 3-4 minutes, stir in artichokes.



4. MAKE THE SAUCE

Drain the capers. Add to pan with sun-dried tomatoes. Pour in **reserved pasta water** and cashew cream cheese (see notes). Stir to combine, season with **salt and pepper**, cook for further 3-4 minutes.



5. TOSS THE PASTA

Stir the spinach through the sauce. Add pasta to pan and toss through sauce until pasta is well coated.



6. FINISH AND PLATE

Evenly divide pasta among shallow bowls. Top with gently torn basil.

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**

