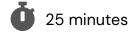




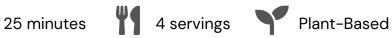
Spring Casarecce

with Corn, Lemon & Basil

Lemon tossed chickpea casarecce with sweet bursts of corn, cheesy cashew parmesan and a fresh tomato basil topping.







This pasta dish is also great with crushed garlic or chilli flakes sautéed with the veggies. If you don't have dried oregano you could use dried dill, marjoram or Italian herbs instead!

PROTEIN TOTAL FAT CARBOHYDRATES

18g 24g

53g

FROM YOUR BOX

CHICKPEA CASARACCE	1 packet (500g)
RED ONION	1/4 *
ZUCCHINI	1
GREEN BEANS	1/2 bag (125g) *
CORN COBS	3
LEMON	1/2 *
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
CASHEW PARMESAN	2 sachets

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

KEY UTENSILS

frypan, saucepan

NOTES

You could toss the tomato and basil through the pasta at the end if preferred!



1. COOK THE PASTA

Bring 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 heat with olive oil. Slice and add onion and zucchini. Trim and slice beans. Remove corn from cobs and add to pan along with 1 tsp dried oregano. Cook for 8-10 minutes until tender. Season with salt and pepper.



3. MAKE THE DRESSING

Whisk together lemon juice and **3 tbsp** olive oil. Set aside.



4. PREPARE THE TOPPING

Quarter tomatoes and slice basil leaves. Toss together (see notes).



5. TOSS THE PASTA

Toss pasta with cooked vegetables, dressing and cashew parmesan. Season with salt and pepper to taste.



6. FINISH AND PLATE

Divide pasta among bowls and sprinkle with tomato topping.

