



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomatoes

Tomatoes contain lycopene, a rare antioxidant that can help prevent various cancers as well as potassium, fibre and vitamin C.



## 2 Chargrilled Eggplant Pasta

Charred slices of eggplant tossed through protein packed legume pasta with fresh basil, ripe tomatoes and cashew parmesan cheese.

 30 minutes

 4 servings

 Plant-Based

4 January 2021

*Spice it up!*

*Use lemon juice and zest instead of vinegar if you have some. Add some chilli flakes or fresh chilli for an extra kick!*

Per serve: **PROTEIN** 18g **TOTAL FAT** 21g **CARBOHYDRATES** 53g

## FROM YOUR BOX

LEGUME PASTA	1 packet
RED ONION	1
ZUCCHINI	1
KALE	1/2 bunch *
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
CHARGRILLED EGGPLANT	1 tub
CASHEW PAMERSAN	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1 clove), red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse the pasta under cold water to cool it down if you prefer more of a pasta salad. If you prefer a warmer dish you can add the tomatoes and eggplant to the pan along with the kale.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta to boiling water and cook for 7-8 minutes until al dente. Drain and rinse.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice and add onion, zucchini and kale leaves. Add **1 crushed garlic clove** and cook for 3-4 minutes until softened. Season with **salt and pepper**.



### 3. PREPARE INGREDIENTS

Quarter the tomatoes. Slice basil leaves. Drain and chop eggplant.



### 4. TOSS THE PASTA

Toss the cooked pasta with prepared ingredients and sautéed vegetables. Stir through cashew parmesan, **1 1/2 tbsp vinegar** and **1 1/2 tbsp olive oil**. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide pasta among bowls to serve.

**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**

