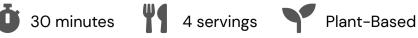


Product Spotlight: Tomatoes

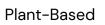
Tomatoes contain lycopene, a rare antioxidant that can help prevent various cancers as well as potassium, fibre and vitamin C.

2 Chargrilled Eggplant Pasta

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









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

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



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

