




### Product Spotlight: Tomatoes

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



## 3 Red Lentil Pasta with Sweet Potato & Pesto

Roast cubes of sweet potato and apple tossed with red lentil pasta and basil pesto, finished with fresh leaves and toasted pine nuts.

 25 minutes

 4 servings

 Plant-Based

26 October 2020

## Stretch the dish!

*You can easily add extra veggies such as zucchini or capsicum to the pasta to stretch the dish out. Save any leftovers and enjoy as a pasta salad for lunch the next day!*

Per serve: **PROTEIN** 19g **TOTAL FAT** 32g **CARBOHYDRATES** 81g

## FROM YOUR BOX

SWEET POTATO	400g
RED APPLES	2
SHALLOT	1
CHERRY TOMATOES	1/2 bag (200g) *
RED LENTIL PASTA	1 packet
PINE NUTS	1/2 packet (40g) *
PESTO	1 jar
ROCKET LEAVES	1 bag (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, balsamic vinegar

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

Dice the vegetables to about 1.5cm in size for a fast and even cooking time.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potato and apples. Slice onion and halve tomatoes. Toss on a lined oven tray with **1 tbsp balsamic vinegar, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



### 2. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and rinse.



### 3. TOAST THE PINE NUTS

Add pine nuts to a dry frypan. Toast for 4-5 minutes until golden.



### 4. TOSS THE PASTA

Toss the pasta with pesto and cooked veggies. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide pasta among bowls. Top with rocket leaves and drizzle with **balsamic vinegar**. Garnish with pine nuts.

**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**

