



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Spinach Casarecce

Locally made right here in WA. Not only is this pasta gluten free, it has the added benefit of spinach.



3 Spinach Casarecce with Pesto and Artichokes

A delicious spinach pasta tossed through Mediterranean vegetables, artichokes and pesto, topped with fresh rocket leaves.

 25 minutes

 4 servings

 Plant-Based

8 October 2021

Make it a bake!

Set your oven to 220°C. Place all ingredients (minus the rocket) into an oven dish and stir to combine. Top with cheese of choice or bread crumbs and bake for 10-15 minutes or until golden and heated through. Serve with fresh rocket.

Per serve: **PROTEIN** 12g **TOTAL FAT** 35g **CARBOHYDRATES** 96g

FROM YOUR BOX

SMALL EGGPLANTS	2
TINNED ARTICHOKEs	400g
CHERRY TOMATOES	1 bag (400g)
PASTA	2 packets (500g)
PESTO	1 jar
ROCKET LEAVES	1/2 bag (100g) *
CAPERS	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have fennel seeds you can use dried oregano or rosemary, or any fresh herbs you have like basil, parsley, chives, or spring onion green tops.



1. SAUTÉ THE VEGETABLES

Bring a saucepan of water to the boil.

Heat a frypan over medium-high heat with **oil**. Roughly dice eggplants and add to pan along with **2 tsp fennel seeds**. Cook, stirring, for 6–8 minutes until eggplant is tender.



2. ADD THE ARTICHOKEs

Drain and rinse artichokes. Roughly chop. Quarter cherry tomatoes and add to pan. Cook for 2 minutes. Remove from heat. Season with **salt and pepper**.



3. COOK THE PASTA

Add pasta to boiling water and cook for 2–3 minutes until al dente. Drain pasta.



4. TOSS THE PASTA

Add pasta and pesto to the frypan. Toss until well coated. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among shallow bowls. Top with rocket leaves and capers.

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**

