



Product Spotlight: Sicilian Olives

Sicilian olives are bright green with meaty, buttery flesh and a mild slightly sweet flavour. Delicious with chicken or just as a snack!



Basil Pasta with Roasted Cauliflower

Cauliflower florets roasted to golden perfection, served over pasta tossed through a crunchy basil sauce with roasted zucchini, walnuts, Sicilian olives and fresh lemon wedges.

 30 minutes

 2 servings

 Vegetarian

Add to it!

Want to add more to this dish? We recommend crispy chickpeas, pan-fried halloumi, crumbled feta cheese, or a toasted seed mix.

Per serve: **PROTEIN** 12g **TOTAL FAT** 32g **CARBOHYDRATES** 55g

FROM YOUR BOX

CAULIFLOWER	1/2
ZUCCHINI	1
LEMON	1
SHORT PASTA	1 packet
WALNUTS	20g
SICILIAN OLIVES	1 jar
CRUNCHY BASIL DIP	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large saucepan, oven tray

NOTES

If preferred, zucchini can be sliced or cut into angular pieces for roasting. Alternatively, keep it fresh, use a vegetable peeler to ribbon the zucchini and add to the pasta at step 4.

For extra garnishes we recommend roughly chopped fresh basil or parsley, shaved parmesan cheese, and a sprinkle of dried chilli flakes.

No gluten option – pasta is replaced with **gluten free pasta**.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and cut **zucchini** (see notes) into large matchstick pieces. Zest **lemon** (reserve remaining lemon). Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 25–30 minutes until golden and tender.



4. TOSS THE PASTA

Add **walnuts** and **basil dip** to **pasta**. Add **cooking liquid**, as necessary to loosen the **dip**. Toss to combine. Season to taste with **salt and pepper**.



2. COOK THE PASTA

Bring a large saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **3/4 cup cooking liquid** and drain **pasta**. Return **pasta** to saucepan for step 4.



5. FINISH AND SERVE

Divide **pasta** among shallow bowls. Top with **roasted vegetables** and **olives**. Serve with **lemon wedges** (see notes).



3. PREPARE THE INGREDIENTS

Roughly chop **walnuts**, drain and chop **olives** as desired, and wedge the **lemon**.

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