

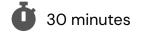




Basil Pasta

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.





4 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES

20g

67g

FROM YOUR BOX

CAULIFLOWER	1
ZUCCHINI	1
LEMON	1
SHORT GRAIN PASTA	1 packet
WALNUTS	60g
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.





1. ROAST THE CAULIFLOWER

Set oven to 220°C.

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



2. COOK THE PASTA

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



3. PREPARE THE INGREDIENTS

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



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.



5. FINISH AND SERVE

Divide pasta among shallow bowls. Top with roosted vegetables and olives. Serve with lemon wedges.

