



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: NUTRITIONAL YEAST

Nutritional yeast is great for adding a savoury, salty flavour to dishes as well as boosting the protein! It is inactive, meaning it doesn't work as a leavening agent and provides around 40-50g of protein per 100g.

## 3. ROAST VEGGIE PASTA

### WITH CREAMY CHEESE SAUCE

 30 Minutes

 2 Servings

 Plant-based

Garlic roasted leek, zucchini and tomatoes tossed through fresh pasta with a creamy sauce made from nutritional yeast and lemon.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	33g	56g

## FROM YOUR BOX

LEEK	1/2 *
ZUCCHINI	1/2 *
CHERRY TOMATOES	1 bag (200g)
GARLIC	2 cloves
FRESH PASTA	1 packet
LEMON	1
NUTRITIONAL YEAST/ HEMP MIX	1 packet (25g)
OREGANO	1/2 packet *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried thyme (or herb of choice)

## KEY UTENSILS

saucepan, oven tray, stick mixer or blender

## NOTES

This dish is great with fresh herbs from the garden! Try adding some fresh basil or parsley.



### 1. ROAST THE VEGGIES

Set oven to 220°C.  
Slice leek and zucchini. Halve tomatoes. Toss on a lined oven tray with 2 crushed garlic cloves, **1 tsp dried thyme, oil, salt and pepper**. Roast for 20 minutes until cooked through.



### 2. COOK THE PASTA

Bring saucepan of water to boil. Add pasta to cook for 3 minutes until al dente. Drain and set aside.



### 3. PREPARE THE SAUCE

Blend together lemon zest and juice, nutritional yeast/hemp mix, **1/4 cup water** and **1/4 cup olive oil** until smooth. Season to taste with **salt and pepper**.



### 4. TOSS THE PASTA

Toss cooked spaghetti with vegetables and sauce. Loosen with water if needed. Season to taste with **salt and pepper**.



### 5. FINISH AND PLATE

Divide pasta among bowls. Garnish with oregano leaves.