



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

 4 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	23g	54g

FROM YOUR BOX

LEEK	1/2 *
ZUCCHINI	1
BROCCOLINI	1 bunch
CHERRY TOMATOES	1 bag (200g)
GARLIC	2 cloves
FRESH PASTA	1 packet
LEMON	1
NUTRITIONAL YEAST/ HEMP MIX	1 packet (50g)
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, zucchini and broccolini. 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, **1/3 cup water** and **1/3 cup olive oil** until smooth. Season to taste with **salt and pepper**.



4. TOSS THE PASTA

Toss cooked pasta 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.