



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: COURGETTES

Courgette or baby zucchini is actually a fruit although most times prepared and cooked as a vegetable. It is attached to a yellow edible flower.



3. ROMESCO SPAGHETTI

WITH CHORIZO & ROASTED TOMATOES

 20 Minutes

 2 Servings

Pasta tossed in a delicious capsicum sauce and topped with roasted chorizo and collapsed cherry tomatoes. Finished with toasted almonds and fresh rocket leaves.

FROM YOUR BOX

CHERRY TOMATOES	1 packet (200g)
CHORIZO	1 packet
SLIVERED ALMONDS	1 packet (40g)
LONG PASTA	1 packet (250g)
SPRING ONIONS	1/3 bunch *
COURGETTES	2
CHARGRILLED CAPSICUM DIP	100g
ROCKET	1 bag (60g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven tray, frypan

NOTES

Add tomatoes and chorizo to pan at step 3 if you prefer not to use the oven!

No pork option - chorizo is replaced with smoked chicken breast. Dice or shred, add to frypan with vegetables at step 3. Add cherry tomatoes as well, if you prefer not to use the oven.

No gluten option - pasta is replaced with GF pasta.



1. ROAST CHORIZO & TOMATOES

Set oven to 250°C and bring a large saucepan of water to the boil (for the pasta)

Halve tomatoes and dice chorizo. Toss with oil on a lined oven tray and and sprinkle over the almonds. Roast for 10-15 minutes or until golden.



2. COOK THE PASTA

Add pasta to boiling water and cook according to packet instructions or until cooked al dente. Reserve **1/2 cup pasta water**, drain and rinse.



3. SAUTÉ THE VEGETABLES

Slice spring onions and dice courgettes. Add to heated frypan with **1/2 tsp oregano**. Cook over medium heat for 3-4 minutes or until softened.



4. TOSS IN THE SAUCE & PASTA

Add capsicum dip, reserved **pasta water (we used 1/4 cup)** and pasta. Toss to combine well and season with **salt and pepper** to taste.



5. FINISH AND SERVE

Serve pasta in bowls and top with roast tomatoes, chorizo, almonds and fresh rocket.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

