



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Product Spotlight: Rosemary

The smell of rosemary is often associated with good food and good times. It could just as easily be associated with good health, containing substances that may stimulate the immune system, increase circulation and improve digestion.



# 1 Rosemary Roast Veg with Chestnut Pappardelle

Fresh chestnut pappardelle pasta from Gluten Free Lab, tossed with roast rosemary veggies, sweet basil and a chilli lemon dressing.



30 minutes



4 servings



Plant-Based

10 August 2020

## Mix it up!

*Garnish the pasta with toasted almonds, pepita seeds or nutritional yeast to boost the protein if you have some.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 45g **CARBOHYDRATES** 96g

## FROM YOUR BOX

RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (200g) *
BUTTERNUT PUMPKIN	1/2 *
ZUCCHINI	1
RED CAPSICUM	1
ROSEMARY SPRIG	1
CHESTNUT PAPPARDELLE	2 packets
RED CHILLI	1
LEMON	1
BASIL	1 packet (60g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1/2 clove)

## KEY UTENSILS

oven tray, saucepan

## NOTES

If the pasta are stuck together, rinse with water before tossing.



### 1. ROAST THE VEGGIES

Set oven to 220°C.

Wedge onion and halve tomatoes. Dice pumpkin (2cm dice), zucchini and capsicum. Toss together on a lined oven tray with chopped rosemary leaves, **oil, salt and pepper**. Roast for 20-25 minutes until cooked through



### 4. TOSS THE PASTA

Roughly chop basil leaves (reserve some for garnish). Toss with pasta (see notes), dressing and roast veggies. Season to taste with **salt and pepper**.



### 2. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 2-3 minutes until al dente. Drain, rinse and set aside.



### 5. FINISH AND PLATE

Divide pasta among bowls. Garnish with remaining basil leaves.



### 3. PREPARE THE DRESSING

Deseed and chop chilli. Whisk together with lemon zest and juice, **1/2 crushed garlic clove** and **1/2 cup olive oil**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

