



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



2 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	TOTAL FAT	CARBOHYDRATES
	18g	45g	112g

FROM YOUR BOX

CHERRY TOMATOES	1/2 bag (100g) *
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
COURGETTES	2
ROSEMARY SPRIG	1
CHESTNUT PAPPARDELLE	1 packet
RED CHILLI	1
LEMON	1
BASIL	1 packet (20g)

**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.

Halve tomatoes. Dice pumpkin (2cm dice) and capsicum. Slice courgettes. Toss together on a lined oven tray with 1 tsp chopped rosemary leaves, **oil, salt and pepper**. Roast for 20–25 minutes until cooked through



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.



3. PREPARE THE DRESSING

Deseed and chop chilli. Whisk together with 1/2 lemon zest, 1/2 the juice (wedge remaining), **1/2 crushed garlic clove** and **1/4 cup olive oil**.



4. TOSS THE PASTA

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



5. FINISH AND PLATE

Divide pasta among bowls. Serve with lemon wedges.

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**

