



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Jerusalem Artichokes


The jerusalem artichoke is actually a variety of sunflower and looks a lot like ginger root. It has a lovely sweet and nutty flavour.



4 Sun-dried Tomato Pasta with Jerusalem Artichokes

Mung bean rotini pasta tossed with a creamy sun-dried tomato sauce, tossed with kale and topped with roast Jerusalem artichokes and mushrooms.

 30 minutes

 2 servings

 Plant-Based

20 July 2020

Spice it up!

For more depth of flavour you can add some crushed garlic, dried chilli flakes or lemon juice to the sauce.

Per serve: **PROTEIN** 48g **TOTAL FAT** 52g **CARBOHYDRATES** 155g

FROM YOUR BOX

JERUSALEM ARTICHOKES	300g
MUSHROOMS	200g
BEAN PASTA	1 packet
SUN-DRIED TOMATOES	1 packet
TAHINI	3 tbsp *
KALE	1/2 bunch *
SNOW PEAS	1/2 bag (75g) *
PARSLEY	1/4 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

KEY UTENSILS

oven tray, saucepan, stick mixer or blender

NOTES

Loosen the pasta sauce with some water if needed.

For a warmer dish you can sauté the vegetables in a frypan instead.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve or quarter artichokes and mushrooms so they are an even size. Toss with **1/2 tsp oregano, oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



2. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 7 minutes or until al dente. Drain and set aside.



3. MAKE THE SAUCE

Blend together 1/2 of the sun-dried tomatoes (slice remaining), **1 tbsp olive oil**, **3 tbsp tahini** and **1/3 cup water** until smooth. Season with **salt and pepper** to taste.



4. PREPARE VEGETABLES

Thinly slice kale leaves. Drizzle with **olive oil** and scrunch with hands until tender.

Trim and slice snow peas (see notes).



5. TOSS THE PASTA

Toss the pasta with sauce and fresh vegetables. Stir in extra sun-dried tomatoes. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among shallow bowls. Top with roast vegetables and garnish with chopped parsley.

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

