



### 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

 4 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** 25g **TOTAL FAT** 26g **CARBOHYDRATES** 90g

## FROM YOUR BOX

JERUSALEM ARTICHOKES	600g
MUSHROOMS	200g
ZUCCHINI	1
BEAN PASTA	1 packet
SUN-DRIED TOMATOES	1 packet
TAHINI	3 tbsp *
KALE	1/2 bunch *
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, chop zucchini so they are all 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 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.



### 5. TOSS THE PASTA

Toss the pasta with sauce, remaining sun-dried tomatoes and fresh vegetables. 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**

