



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



1 Winter Tomato Casarecce

A hearty tomato soup with garlic, fennel, capsicum and chickpea casarecce all cooked in the one pot, finished with a cheesy cashew sprinkle.

 30 minutes

 4 servings

 Plant-Based

17 August 2020

Spice it up!

Olives, capers and sun-dried tomatoes work well in this dish! Stir any through if you have some. If you prefer more broth you can stir in some chopped tomatoes or tomato sugo while the pasta simmers.

Per serve: **PROTEIN** 16g **TOTAL FAT** 6g **CARBOHYDRATES** 41g

FROM YOUR BOX

FENNEL	1
RED CAPSICUM	1
TOMATOES	3
GARLIC	3 cloves
TOMATO PASTE	2 sachets
VEGGIE STOCK PASTE	1/2 jar *
CHICKPEA CASARECCE	1 packet (500g)
PARSLEY	1/3 bunch *
CASHEW PARMESAN	2 sachets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, dried Italian herbs, chilli flakes (optional), balsamic vinegar

KEY UTENSILS

large frypan with lid (see notes)

NOTES

Using a large, deep frypan will help the pasta cook evenly. If you don't have a pan large enough, you can cook the sauce in a frypan and the pasta in boiling water in a pot then combine at the end.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **olive oil**. Dice fennel, capsicum and tomatoes. Add to pan as you go.



2. ADD AROMATICS

Stir in 3 crushed garlic cloves, tomato paste and veggie stock paste along with **2 tsp dried Italian herbs** and **1/4 tsp chilli flakes (optional)**. Cook for 5 minutes until softened.



3. SIMMER THE CASARECCE

Pour in **1L water** and add chickpea casarecce. Cover and simmer for 10-15 minutes or until pasta is cooked.



4. FINISH AND PLATE

Stir **1/2 tbsp balsamic vinegar** into pasta and season with **salt and pepper**. Divide among bowls. Garnish with chopped parsley and cashew parmesan.

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**

