




Product Spotlight: Jerusalem artichoke


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



Roasted Jerusalem Artichoke Pasta

Vegan linguine from Perth locals, The Gluten Free Lab, tossed with a herby dressing and sautéed mushrooms served with roasted Jerusalem artichokes.

 30 mins

 2 servings

 Plant-Based

25 August 2023

Switch it up!

Once roasted, blend your Jerusalem artichokes to make a creamy sauce and toss it through the pasta.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	20g	24g	114g

FROM YOUR BOX

JERUSALEM ARTICHOKE	300g
BUTTON MUSHROOMS	150g
SHALLOT	1
GARLIC CLOVE	1
LEMON	1
PARSLEY	1 packet
FRESH GLUTEN FREE LINGUINE	1 packet
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Make a pesto! Instead of making the herby dressing, use the lemon and parsley to make a pesto. Add nuts and parmesan cheese and blend to desired consistency.



1. ROAST THE ARTICHOKE

Set oven to 220°C and bring a saucepan of water to a boil.

Cut Jerusalem artichokes into 1cm thick slices. Place on a lined oven tray. Toss with **oil, salt and pepper**. Roast for 15–20 minutes until golden brown.



2. SAUTÉ THE MUSHROOMS

Heat a frypan over medium-high heat with **oil**. Slice mushrooms and shallot, crush garlic. Add to pan and sauté for a further 4–6 minutes until mushrooms are browned.



3. MAKE THE HERBY DRESSING

Zest and juice lemon. Finely chop parsley. Add to a bowl with **3 tbsp olive oil, salt and pepper**. Whisk to combine (see notes).



4. COOK THE PASTA

Place the pasta in the boiling water and cook according to packet instructions or until al dente. Reserve **3/4 cup cooking liquid**. Drain the pasta.



5. TOSS THE PASTA

Add dressing, pasta and **reserved cooking liquid** to frypan. Toss until well coated. Add spinach and stir through until wilted. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among bowls and top with roasted Jerusalem artichokes.

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**

