




### 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

 4 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:	16g	14g	95g

## FROM YOUR BOX

JERUSALEM ARTICHOKE	300g
ENOKI MUSHROOMS	1 packet
BUTTON MUSHROOMS	300g
SHALLOT	1
GARLIC CLOVES	2
LEMON	1
PARSLEY	1 packet
FRESH GLUTEN FREE LINGUINE	2 packets
BABY SPINACH	120g

## 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**. Trim enoki mushrooms and cook for 3 minutes. Slice button mushrooms and shallot, and 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. Finley 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 **1 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**

