

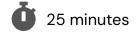




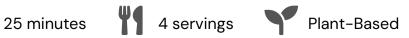
# Lemon Hummus Pasta

# with Basil

Creamy hummus makes a flavourful sauce for this pasta dish served with cherry tomatoes, basil and olives.







# Jazz it up!

You can roast the vegetables for this pasta if preferred! Add some capsicum, mushrooms or zucchini to make extra serves.

PROTEIN TOTAL FAT CARBOHYDRATES

21g

86g

29g

#### FROM YOUR BOX

GF GRAIN PASTA	400g
HUMMUS	1 tub
LEMON	1
BROCCOLI	1
BROWN ONION	1
CHERRY TOMATOES	2 x 200g
PITTED KALAMATA OLIVES	1 tub
BASIL	1 packet

#### FROM YOUR PANTRY

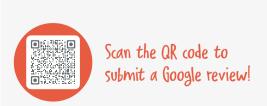
olive oil, salt, pepper, dried oregano, dried chilli flakes (optional)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can use dried Italian herbs or thyme if you don't have dried oregano. Add crushed garlic if you have some.





# 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook for 7 minutes (continue at step 3).



### 2. MAKE THE SAUCE

While the pasta cooks, whisk together hummus with lemon zest and juice. Season with salt and pepper.



#### 3. ADD THE BROCCOLI

Cut broccoli into small florets. Add to pasta as it cooks for 2-4 minutes until tender. Reserve 1/2 cup cooking water before draining. Set aside.



# 4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with olive oil. Dice onion and halve tomatoes. Add all to pan along with 3 tsp oregano (see notes). Cook for 6-8 minutes until tender.



# 5. TOSS THE PASTA

Drain and rinse olives. Toss with pasta, broccoli, vegetables and hummus sauce. Loosen with reserved cooking water and season with salt and pepper to taste.



# 6. FINISH AND SERVE

Divide pasta among bowls. Garnish with sliced basil leaves and a sprinkle of dried chilli flakes (optional).

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



