



**Product Spotlight:  
Cauliflower**


Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.




# Pasta Alfredo

## with Roasted Cherry Tomatoes

Three-grain spaghetti, tossed through a homemade plant-based creamy Alfredo sauce of cauliflower, almonds and nutritional yeast, served with herby roasted button mushrooms and cherry tomatoes.

 30 minutes

 4 servings

 Plant-Based

Spice it up!

*Text here*

Per serve: **PROTEIN** 22g **TOTAL FAT** 8g **CARBOHYDRATES** 79g

## FROM YOUR BOX

|   |          |
|---|----------|
| BLANCHED ALMOND + NUTRITIONAL YEAST MIX | 80g      |
| CHERRY TOMATOES                         | 400g     |
| BUTTON MUSHROOMS                        | 300g     |
| 3 GRAIN SPAGHETTI                       | 1 packet |
| CAULIFLOWER                             | 1/2      |
| BROWN ONION                             | 1        |
| GARLIC                                  | 3 cloves |
| LEMON                                   | 1        |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

## KEY UTENSILS

large saucepan, oven dish, stick mixer (or small blender), kettle

## NOTES

Garnish with herbs such as fresh parsley, basil or oregano.



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### 1. PREPARE THE INGREDIENTS

Boil the kettle, set oven to 220°C and bring a large saucepan of water to a boil.

Add almond and nutritional yeast mix to a bowl. Pour over **1 1/2 cup hot water** and leave to soak.

Roughly chop cauliflower.



### 2. ROAST THE VEGETABLES

Quarter mushrooms. Toss in a lined oven dish with cherry tomatoes, **oil, 2 tsp Italian herbs, salt and pepper**. Roast for 15–20 minutes until tomatoes are bursting.



### 3. COOK THE PASTA

Add pasta to boiling water. Cook for 4 minutes. Add cauliflower and cook for further 2–3 minutes until cauliflower is tender and pasta is al dente. Remove cauliflower and drain pasta. Keep saucepan over heat.



### 4. MAKE THE SAUCE

Add sliced onion, roughly chopped garlic and lemon zest to saucepan with extra **oil**. Sauté for 3–5 minutes until onion has softened. Remove from heat. Add cauliflower and almond and yeast mix (including water). Use stick mixer to blend until smooth.



### 5. TOSS THE PASTA

Add drained pasta to sauce. Toss until well combined. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Wedge lemon.

Divide pasta among shallow bowls. Top with roasted vegetables and serve with lemon wedges (see notes).

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