




Product Spotlight: Basil


If you are left with a small amount of fresh basil after cooking this dish, don't throw it away! You can finely chop the leaves, pop into an ice-cube tray with olive oil and freeze. Defrost and add to a frypan before sautéing vegetables, or add to your



Basil Oil Pasta with Halloumi and Roasted Vegetables

Pasta tossed in basil oil served topped with roasted vegetables and chickpeas, pan-fried halloumi cheese and finished with a sprinkle of dukkah.

 25 minutes

 4 servings

 Vegetarian

Speed it up!

If you are looking for a shortcut to speed up this dish, you can skip the basil oil. Toss the cooked pasta with the roasted vegetables, olive oil and lemon juice. Garnish with roughly chopped basil leaves.

Per serve: **PROTEIN** 33g **TOTAL FAT** 22g **CARBOHYDRATES** 110g

FROM YOUR BOX

TINNED CHICKPEAS	400g
COURGETTES	3
LEMON	1
CHERRY TOMATOES	2 x 200g
BASIL	2 packets
HALLOUMI CHEESE	2 packets
SHORT PASTA	1 packet
DUKKAH	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer (or small blender)

NOTES

Instead of using a stick mixer to make the basil oil, finely chop the basil and mix in a bowl with remaining ingredients.

This basil oil is designed to be a light sauce. For extra flavour, add nuts such as pine nuts, almonds or walnuts, as well as parmesan cheese to the basil oil.

Gluten-free option - pasta replaced with GF pasta.



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1. PREPARE TRAY BAKE

Set oven to 220°C. Bring a saucepan of water to the boil.

Drain and rinse **chickpeas**. Pat dry. Slice **courgettes** into rounds. Zest **lemon** (reserve remaining for step 4).. Add to a lined oven tray.



2. ROAST THE TRAY BAKE

Add **cherry tomatoes** to tray and toss with **olive oil, 2 tsp ground paprika, salt and pepper**. Roast for 20 minutes until vegetables are tender.



3. COOK THE PASTA

Add **1/2 packet pasta** to boiling water and cook according to the packed instructions. Drain and rinse, see step 6.



4. MAKE THE BASIL OIL

Add **basil leaves** to a jug (see notes) along with **2 tbsp olive oil**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



3. COOK THE HALLOUMI

Heat a frypan over medium-high heat. Slice **halloumi** and rub with **oil**. Add to frypan and cook until golden on both sides.



6. FINISH AND SERVE

Toss pasta with basil oil.

Divide pasta among shallow bowls. Top with roasted vegetables, chickpeas and halloumi. Serve with lemon wedges and sprinkle over **dukkah**.

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