



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red Capsicum


Capsicum is an excellent source of vitamin C which is needed for growth and repair of tissues in all parts of your body. It also helps the body make collagen, giving our skin strength and elasticity.



1 Romesco Pasta Salad with Roast Veg

A fresh home-made romesco sauce, tossed through gluten-free pasta and roasted vegetables.

 25 minutes

 2 servings

 Plant-Based

7 January 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	61g	131g

FROM YOUR BOX

CHERRY TOMATOES	1 packet (200g)
COURGETTES	2
RED CAPSICUM	1
CASHEW MIXTURE	1 packet (55g)
GREEN BEANS	1 packet (150g)
BASIL	1 packet (20g)
OLIVES	1 jar
PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, white wine vinegar

KEY UTENSILS

oven tray, saucepan, kettle, stick mixer or small blender

NOTES

You can toast the cashews in a frypan or grill the capsicum for extra flavour before blending to make the romesco.

The cashew mixture is made up of cashews and nutritional yeast.



1. ROAST VEGETABLES

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

Halve cherry tomatoes. Slice courgettes and 1/2 capsicum. Toss on a lined oven tray with oil, **1 tsp dried oregano, salt and pepper**. Roast for 15–20 minutes or until tender.



4. COOK THE PASTA

Add green beans and pasta to the boiling water. Cook for 2 minutes. Drain and rinse with cold water.



2. MAKE ROMESCO SAUCE

Add cashew mix (see notes) to a jug along with 1/2 capsicum roughly chopped. Pour over **1/4 cup hot water, 1/4 cup olive oil and 1 tsp vinegar**. Season with **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



5. TOSS PASTA SALAD

Add pasta, green beans, roasted vegetables and romesco sauce to a large bowl. Toss until well combined. Season with **salt and pepper**.



3. PREPARE INGREDIENTS

Trim and slice green beans and basil leaves. Drain and roughly chop olives.



6. FINISH AND SERVE

Divide pasta salad among shallow bowls. Garnish with basil leaves.

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**

