



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Super Seed Sprinkles


The makers of Super Seed Sprinkles believe that pure, whole foods, sourced from clean sustainable farms keep us healthy and full of energy.



## 2 Mediterranean Pasta Salad

Roasted vegetables and pasta tossed in a plant-based pesto garnished with Super Seed Sprinkles.

 30 minutes

 2 servings

 Plant-Based

3 December 2021

## Hot or cold!

*This dish is equally delicious when served hot or cold. You could pack it for lunch the next day or to serve at a picnic.*

Per serve: **PROTEIN** 12g **TOTAL FAT** 20g **CARBOHYDRATES** 108g

## FROM YOUR BOX

ZUCCHINI	1
SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
PASTA	1 packet
GREEN CAPSICUM	1
PARSLEY	1 bunch
ZUCCHINI AND BASIL PESTO	1 jar
SUPER SEED SPRINKLES	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

oven tray, saucepan

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. ROAST THE VEGETABLES

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

Roughly dice zucchini and wedge shallot. Add to a lined oven tray along with cherry tomatoes. Toss with **oil, salt and pepper**. Roast for 12–15 minutes until vegetables are tender.



### 2. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions. Drain and rinse with cold water.



### 3. PREPARE FRESH ELEMENT

Thinly slice capsicum and parsley leaves (reserve some for garnish). Add to a large bowl.



### 4. TOSS THE PASTA

Add pasta, pesto and roasted vegetables to bowl with fresh elements. Toss until well combined. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide pasta salad among shallow bowls. Garnish with remaining parsley and super seed sprinkles.

**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**

