



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions and boosts immunity.





## Spice it up!

*This pasta dish is also great with crushed garlic or chilli flakes sautéed with the veggies. If you don't have dried oregano you could use dried dill, marjoram or Italian herbs instead!*

# 1 Spring Casarecce with Corn, Lemon & Basil

Lemon tossed chickpea casarecce with sweet bursts of corn, cheesy cashew parmesan and a fresh tomato basil topping.

 25 minutes

 2 servings

 Plant-Based

23 November 2020

Per serve: **PROTEIN** 20g **TOTAL FAT** 29g **CARBOHYDRATES** 63g

## FROM YOUR BOX

CHICKPEA CASARACCE	1 packet (250g)
RED ONION	1/2 *
COURGETTES	2
GREEN BEANS	1/2 bag (75g) *
CORN COBS	2
LEMON	1/2 *
TOMATO	1
BASIL	1 packet (20g)
CASHEW PARMESAN	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

## KEY UTENSILS

frypan, saucepan

## NOTES

You could toss the tomato and basil through the pasta at the end if preferred!



### 1. COOK THE PASTA

Bring saucepan of water to boil. Add pasta to cook for 5 minutes until al dente. Drain and set aside.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **olive oil**. Slice and add onion, courgettes and beans. Remove corn from cobs and add to pan along with **1 tsp dried oregano**. Cook for 8-10 minutes until tender. Season with **salt and pepper**.



### 3. MAKE THE DRESSING

Whisk together lemon juice and **2 tbsp olive oil**. Set aside.



### 4. PREPARE THE TOPPING

Dice tomato and slice basil leaves. Toss together (see notes).



### 5. TOSS THE PASTA

Toss pasta with cooked vegetables, dressing and cashew parmesan. Season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide pasta among bowls and sprinkle with tomato topping.

**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](mailto:hello@dinnertwist.com.au)

