



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Gluten Free Lab

Gluten Free Lab was born in Perth in 2019 with the sole intent to create only the highest quality gluten free products.



2 Creamy Mushroom Pappardelle

Creamy mushroom sauce, tossed through The Gluten Free Lab's chestnut pappardelle. Served with green vegetables.

 30 mins

 2 servings

 Plant-Based

10 September 2021

Speed it up!

Cook the green vegetables and mushrooms at the same time to speed up your cook. Toss vegetables and pasta through the sauce.

Per serve: **PROTEIN** 22g **TOTAL FAT** 23g **CARBOHYDRATES** 51g

FROM YOUR BOX

CASHEW NUTS	1 packet (50g)
GREEN BEANS	1/2 bag (75g) *
ENGLISH SPINACH	1 bunch
MUSHROOMS	1 bag (200g)
CHESTNUT PAPPARDELLE	1 packet
PEPITAS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1/2 stock cube, lemon pepper (see notes), dried oregano

KEY UTENSILS

frypan, saucepan, kettle, stick mixer or small blender

NOTES

If you don't have lemon pepper you can add a crushed garlic clove to the greens or just black pepper and a squeeze of lemon!

Toast the pepitas in a dry frypan for extra crunch!



1. BLEND THE CASHEWS

Boil the kettle and bring a saucepan of water to the boil (for the pasta).

Soak the cashews in **3/4 cups hot water** with **1/2 stock cube**. Let sit for 5 minutes then blend to a smooth consistency.



2. COOK THE GREENS

Trim and halve green beans. Wash and chop spinach. Heat a frypan over medium-high heat with **oil**. Add beans, cook for 1-2 minutes. Add spinach, stir through to wilt. Season with **1 tsp lemon pepper**. Remove to a bowl, keep pan over heat.



3. COOK THE MUSHROOMS

Slice mushrooms. Add to pan with **oil and 2 tsp oregano**. Cook, stirring, for 4-6 minutes or until softened. Turn heat to low and add blended cashews. Stir to combine well.



4. COOK THE PASTA

Add pasta to boiling water. Cook for 2-3 minutes or until al dente. Reserve **1/3 cup pasta water**.



5. TOSS THE PASTA

Drain pasta and add to pan along with **reserved pasta water**. Toss until well coated. Adjust seasoning with **salt and pepper** if needed.



6. FINISH AND SERVE

Divide even amounts of pasta among bowls. Serve with green vegetables and garnish with pepitas (see notes).

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**

