




### Product Spotlight: Kale


Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



## 3 Sun-dried Tomato Pasta with Kale & Mushrooms

Brown rice and grain penne tossed with a sun-dried tomato and basil sauce, sautéed kale and mushrooms, finished with creamy nut feta cheese from Noshing Naturally.

 30 mins

 2 servings

 Plant-Based

29 March 2021

### Spice it up!

*For added depth of flavour you could add crushed garlic or dried chilli flakes when cooking the vegetables.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	51g	150g

## FROM YOUR BOX

GRAIN PASTA	1 packet
BASIL	1 packet (60g)
SUN-DRIED TOMATOES	1 tub
KALE	1/2 bunch *
RED CAPSICUM	1/2 *
RED ONION	1/2 *
MUSHROOMS	200g
MARINATED NUT FETA	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano or thyme

## KEY UTENSILS

large frypan, saucepan, stick mixer or blender

## NOTES

If you don't have a stick mixer or blender you can finely chop the semi-dried tomatoes and stir through the pasta instead.



### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta to boiling water and cook for 10-12 minutes until al dente. Drain, rinse and set aside.



### 2. MAKE THE SAUCE

Roughly chop 1/2 the basil leaves. Blend together with drained sun-dried tomatoes (see notes) and **3/4 cup water** using a stick mixer or blender (see notes). Season with **salt and pepper**.



### 3. PREPARE VEGETABLES

Slice kale leaves, capsicum and onion. Halve mushrooms.



### 4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Add prepared vegetables along with **1/2 tsp dried oregano**. Cook for 8-10 minutes until tender.



### 5. TOSS THE PASTA

Toss cooked pasta with sauce and vegetables until combined. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide pasta among bowls. Spoon over nut feta (to taste). Slice remaining basil and use to garnish.

**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**

