



Chilli, Rocket and Walnut Pasta

with Parmesan Croutons



20-30min



2 Portions

Fast, fresh and full of flavour, this vegetarian dish ticks all the boxes for a midweek meal. Topping the jumble of lightly dressed pasta, toasted walnuts and peppery rocket are crunchy cheese croutons that you'll have to stop yourself devouring before you finish cooking!

What we send

- rocket leaves
- bread roll
- 2 garlic cloves, parsley, 1 lemon
- casarecce pasta ¹
- walnuts ¹⁵
- dried chilli flakes
- parmesan ⁷

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- deep frypan
- large saucepan
- oven tray

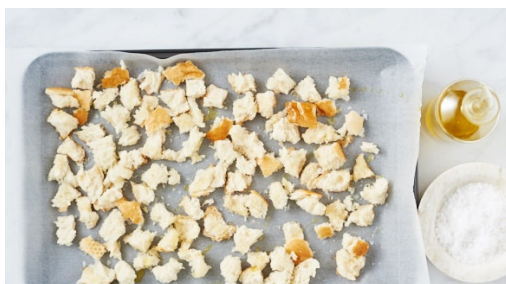
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 910.0kcal, Fat 37.3g, Proteins 30.3g, Carbs 107.0g



1. Make croutons

Preheat oven to 190C. Line an oven tray with baking paper. Tear **half the bread** (keep remainder for another use) into 1.5cm chunks. Put on tray. Drizzle with **half the oil** and season with **salt and pepper**. Toss to coat. Bake for 10 mins or until golden. Meanwhile, grate **parmesan**. Scatter **half the parmesan** over bread. Bake for 4 mins or until cheese has melted.



2. Prepare ingredients

While croutons are baking, bring a large saucepan of salted water to the boil. Crush or finely chop the **garlic**. Grate the rind of **half the lemon** and juice the **whole lemon**. Coarsely chop the **walnuts**. Coarsely chop the **parsley leaves** and finely chop the **parsley stems**, keeping them separate.



3. Cook pasta

Add the **casarecce** to the pan of boiling salted water and cook for 12 mins or until al dente. Drain in a colander, reserving 185ml ($\frac{3}{4}$ cup) cooking water.



4. Cook aromatics

While pasta is cooking, heat the **remaining oil** in a large deep frypan over medium heat. Add the **garlic, lemon zest, walnuts, parsley stems** and $\frac{1}{4}$ **tsp chilli flakes or more to taste**. Cook, stirring, for 1-2 mins until garlic is golden and fragrant. Season with **salt and pepper**.



5. Make sauce

Add the **reserved cooking water, 1 tbs lemon juice** and the **remaining parmesan**. Stir over medium-high heat for 1-2 mins until parmesan melts.



6. Get ready to serve

Add the **casarecce, parsley leaves** and **rocket**, and toss gently to combine. Remove the pan from the heat. Divide pasta mixture among bowls and scatter over the croutons to serve.