



Spring Vegetable Linguine

with Rocket and Goat's Curd



20-30min



4 Portions

Welcome spring with this fresh vegetarian pasta brimming with all the colours of the season. Zucchini 'noodles' lighten the carb content of the dish, roasted onions and cherry tomatoes lend sweetness and create an instant sauce, while a topping of goat's curd brings delicious salty creaminess to each bite.

What we send

- cherry tomatoes
- rocket leaves
- linguine ¹
- garlic, red onion, zucchini
- flaked almonds ¹⁵
- green peas
- goat's curd ⁷

What you'll require

- olive oil
- sea salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

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

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 650kcal, Fat 18.6g, Carbs 89.5g, Proteins 24.7g



1. Roast onion and tomato

Preheat the oven to 220C. Finely chop or crush the **garlic**. Peel the **onion**, then cut into thin wedges. Line an oven tray with baking paper. Arrange the **onion** and **tomatoes** on the lined tray in a single layer and roast for 10-15 mins until tomatoes have softened and onion is lightly golden.



4. Cook pasta and peas

While almonds are toasting, cook the **linguine** in the pan of boiling salted water for 6-8 mins until almost al dente. Add **peas**, reserve 250ml (1 cup) cooking water, then drain mixture in a colander.



2. Prepare zucchini

Meanwhile, trim the **zucchini**, then cut into 'noodles' using a spiraliser or julienne peeler. (Alternatively, thinly slice zucchini lengthwise into ribbons, then thinly slice each ribbon to make 'noodles'.) Drain the **zucchini** on paper towel. Bring a large saucepan of salted water to the boil for the linguine.



5. Prepare pasta sauce

While pasta is cooking, heat the **oil** in the reserved pan over medium heat. Add the **garlic** and cook, stirring, for 1 min or until golden. Add the roasted vegetables, **vinegar** and **sugar**, and season with **salt and pepper**. Add the reserved cooking water and cook, stirring, for 3-5 mins until sauce has thickened.



3. Toast almonds

Place the **almonds** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from pan and reserve pan.



6. Get ready to serve

Add the **zucchini** and toss for 1-2 mins until just tender. Add **rocket** and the pasta and pea mixture, and toss gently to combine. Season with **salt and pepper**. Divide among plates, top with the **goat's curd** and scatter with the **almonds** to serve.