

# DINNERLY



## Mediterranean Pasta with Toasted Walnuts



20-30 minutes



2 Servings

Prepped in Australia

Move over spag bol. This vegetarian pasta with chunky Mediterranean veg, mixed Italian herbs and moreish toasted walnuts tastes like a breath of fresh air.

## WHAT WE SEND

- 17
- 15
- 7
- 1

## WHAT YOU NEED

- balsamic vinegar<sup>17</sup>
- olive oil
- sea salt and pepper

## TOOLS

- fine grater
- large saucepan

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

## COOKING TIP

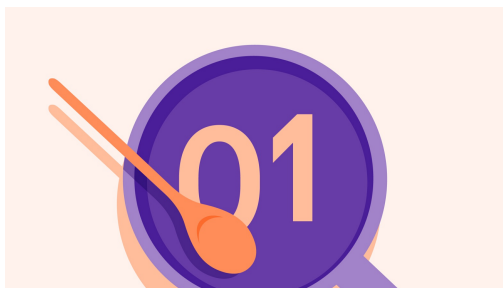
The remaining herbs won't be used in this dish.

## ALLERGENS

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

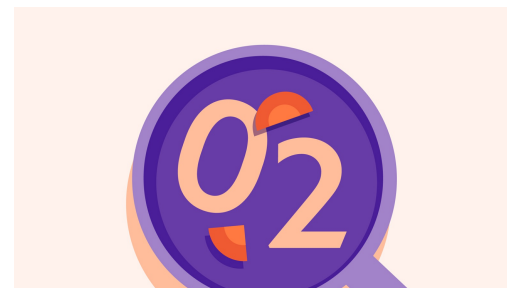
## NUTRITION PER SERVING

Energy 675kcal, Fat 30.7g, Carbs 74.5g, Proteins 19.8g



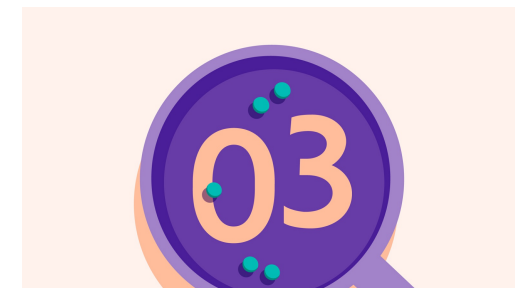
### 1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Halve the **cherry tomatoes**. Trim the **zucchini**, quarter lengthwise, then cut into 1cm chunks. Crush or finely chop 1 **garlic clove**.



### 2. Toast walnuts

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



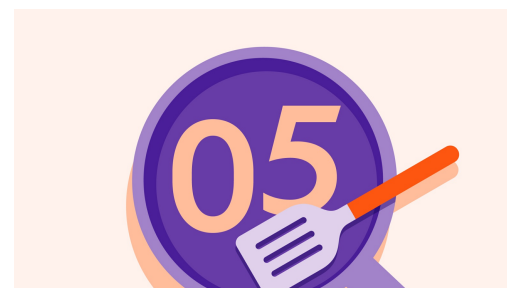
### 3. Cook pasta

Cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 6-8 mins or until al dente. Reserve **2 tbs cooking water**, then drain.



### 4. Cook vegetables

Meanwhile, heat **2 tbs olive oil** in reserved pan over medium-high heat. Cook **zucchini**, stirring, for 3-4 mins until light golden. Add **garlic, tomato, 1 tsp Italian herbs** (see cooking tip) and **2 tsp balsamic vinegar** and cook, stirring, for 3-4 mins until softened. Add **spinach** and **reserved cooking water** and cook for 2-3 mins until spinach has wilted.



### 5. Serve up

Meanwhile, finely grate **half the parmesan** (the remaining parmesan won't be used in this dish). Coarsely chop the **walnuts**. Add the **pasta** and **half the grated parmesan** to the vegetable mixture, stir to combine and season with **salt and pepper**. Divide the **Mediterranean pasta** among bowls and scatter over the **walnuts** and **remaining grated parmesan** to serve.



### 6. Make it yours

For a spicy kick, throw in some chopped chilli and cook with the garlic.