WORLD VEGETARIAN DAY 1ST OCTOBER 2019

LINGUINE WITH
SUN-DRIED TOMATO
& BLACK OLIVE
SAUCE

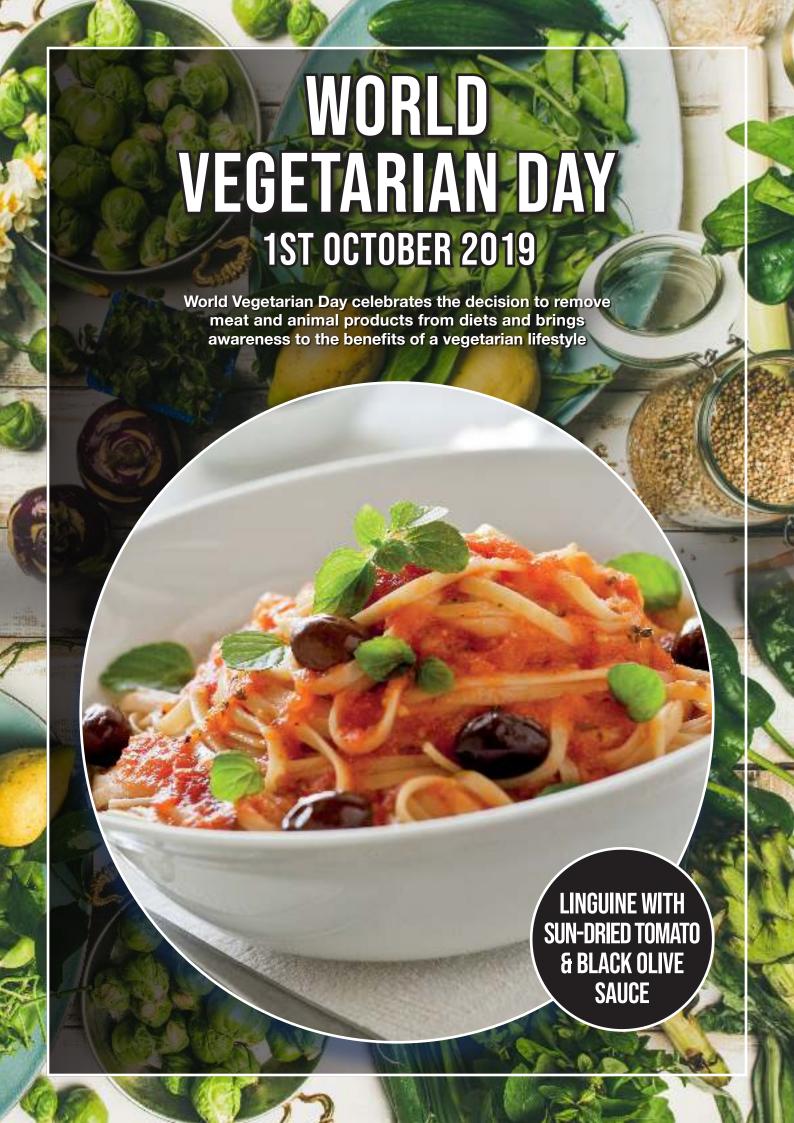
World Vegetarian Day celebrates the decision to remove meat and animal products from diets and brings awareness to the benefits of a vegetarian lifestyle

INGREDIENTS

76606	Gustoso linguine	1kg
37540	Chopped garlic in oil	2 0g
01623	Everyday Favourites diced onions	120g
34200	Multi-use tomato sauce	500g
27615	Casa De Mare sun-dried tomatoes in oil (tub)	200g
07630	Casa De Mare pitted black olives	100g
89461	Casa De Mare baby capers	60g
37016	Gustoso Italian vegetarian hard	50g

METHOD

- 1 Cook the pasta as per instructions on pack.
- Whilst the pasta is cooking heat a large heavy based deep frying pan and add the garlic and onions, cook until soft and slightly caramelised.
- Add the tomato sauce, sun dried tomatoes, black olives and capers and cook for 10 minutes until slightly reduced.
- By this stage the pasta should be cooked and drained and added to the sauce, gently coat the pasta with the sauce and serve in your desired bowls.
- 5 Top with the shavings of cheese and serve.



WORLD VEGETARIAN DAY

1ST OCTOBER 2019

World Vegetarian Day celebrates the decision to remove meat and animal products from diets and brings awareness to the benefits of a vegetarian lifestyle

SQUASH, SWEET POTATO & KALE TOASTIE

INGREDIENTS

73546	Jacksons 8 grain bloomer
-------	--------------------------

bread

01586 Everyday Favourites

unsalted butter

00137 Olive oil

live oil a drizzle

2 slices

to spread

to season

medium

1 large handful

2 slices

Salt & black pepper

Butternut squash (sliced) 1/8th

Sweet potato, peeled and sliced

and sinced

Kale, shredded

Everyday Favourites mature

white Cheddar slices

(or try with vegan cheese)

METHOD

50653

- 1 Roast the squash and sweet potato in olive oil, salt and pepper until tender and golden.
- Butter one of the bloomer slices and layer the kale, squash and potato slices and the cheese, placing the unbuttered bloomer slice on top.
- 3 Toast in a panini press for 3-4 minutes, until the bread is golden and the cheese oozing out at the side.
- 4 Optional: serve with a drizzle of balsamic glaze.
- 5 Top with the shavings of cheese and serve.



