

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

INGREDIENTS

76606	Gustoso linguine	1kg
37540	Chopped garlic in oil	20g
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 cheese shavings	50g

METHOD

- 1 Cook the pasta as per instructions on pack.
- 2 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.
- 3 Add the tomato sauce, sun dried tomatoes, black olives and capers and cook for 10 minutes until slightly reduced.
- 4 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.

LINGUINE WITH
SUN-DRIED TOMATO
& BLACK OLIVE
SAUCE



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73546	Jacksons 8 grain bloomer bread	2 slices
01586	Everyday Favourites unsalted butter	to spread
00137	Olive oil	a drizzle
	Salt & black pepper	to season
	Butternut squash (sliced)	1/8th
	Sweet potato, peeled and sliced	1/2 medium
	Kale, shredded	1 large handful
50653	Everyday Favourites mature white Cheddar slices (or try with vegan cheese)	2 slices

METHOD

- 1 Roast the squash and sweet potato in olive oil, salt and pepper until tender and golden.
- 2 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.

SQUASH, SWEET POTATO & KALE TOASTIE



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