



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FENNEL

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



1. LEMON SPAGHETTI

WITH DUKKAH BEANS



30 Minutes



2-3 Servings



Plant-based

Grain spaghetti tossed with sautéed fennel, kale and olives then finished with a lemon dressing, alongside tender green beans.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
20g	59g	89g

24 February 2020

FROM YOUR BOX

GRAIN SPAGHETTI	1 packet
BABY FENNEL	1
CHERRY TOMATOES	1 bag (200g)
KALE	1 bunch
OLIVES	1 jar
GREEN BEANS	1 bag (125g)
HEMP DUKKAH	1/2 packet (15g) *
LEMON	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds

KEY UTENSILS

saucepan, 2 frypans

NOTES

This will make an extra serve of spaghetti. Save any leftovers for lunch the next day!

Rinse the spaghetti under cold water before tossing if the strands are stuck together.



1. COOK THE SPAGHETTI

Bring a saucepan of water to boil. Add spaghetti to cook for 6-7 minutes or until al dente. Drain, rinse and set aside.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Dice fennel (reserve fronds). Halve tomatoes and thinly slice kale leaves. Roughly chop olives. Add to pan as you go along with **1 tsp fennel seeds**. Cook for 6-8 minutes until softened. Take off heat (see step 4).



3. COOK THE BEANS

Meanwhile, trim beans. Add to a second frypan over medium-high heat with **olive oil** and **dukkah**. Cook for 3-4 minutes until tender. Take off heat and set aside.



4. TOSS THE SPAGHETTI

Whisk together lemon zest, 1/2 the juice (wedge remaining) and **1/3 cup olive oil**. Toss with spaghetti and sautéed vegetables. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide spaghetti among bowls. Serve with side of beans and remaining lemon wedges.