



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: SAGE

Sage has anti-inflammatory properties and has been used medicinally for decades, helping with headache, muscle aches and rheumatism. Sage is also used in aromatherapy and may be good for your memory!



## 3. WALNUT BOLOGNESE

### WITH CRISPY SAGE

 25 Minutes

 4 Servings

 Plant-based

A speedy bolognese sauce with walnut mince and fennel tossed through grain penne pasta then topped with fragrant crispy sage leaves.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
33g	62g	140g

30 March 2020

## FROM YOUR BOX

GRAIN PASTA	1 packet
WALNUTS	1 packet
SAGE	1 packet
BROWN ONION	1/2 *
FENNEL	1
CARROT	1
CHOPPED TOMATOES	400g
PEAR	1
WATERCRESS	1 bowl

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried thyme (or herb of choice), garlic (1 clove), balsamic vinegar

## KEY UTENSILS

saucepan, large frypan, small food processor (optional)

## NOTES

If you don't want to crisp up the sage you can finely slice and add to the vegetables when they are being sautéed.



### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 10-13 minutes until al dente. Drain and rinse.



### 2. PREPARE THE WALNUT MINCE

Finely chop walnuts to reach a mince consistency using a knife or small food processor. Stir in **1 crushed garlic clove**. Set aside.



### 3. CRISP THE SAGE

Pick the sage leaves. Add to a frypan over medium-high heat with **1 tbsp oil**. Cook for 2-3 minutes. Remove to a plate (see notes).



### 4. COOK THE SAUCE

Dice onion, fennel and carrot. Add to pan as you go along with **1 tsp dried thyme** (add more oil if needed). Cook for 5 minutes until softened. Add walnuts, chopped tomatoes and **1/2 cup water**. Simmer for 5 minutes. Season with **salt and pepper** to taste.



### 5. PREPARE THE SALAD

Slice pear. Trim and slice watercress. Toss together with **1/2 tbsp balsamic vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



### 6. FINISH AND PLATE

Toss pasta through walnut bolognese sauce. Divide among plates and garnish with crispy sage. Serve with side of salad.