



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

 2-3 Servings

 Plant-based

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

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
21g	41g	85g

30 March 2020

## FROM YOUR BOX

BEAN PASTA	1 packet
WALNUTS	1 packet
SAGE	1 packet
FENNEL	1
CARROT	1
CHOPPED TOMATOES	400g
CONTINENTAL CUCUMBER	1/3 *
FESTIVAL LETTUCE	1/2 *

\* 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.

This recipe will make an extra serve which is great for lunch the next day!



### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 7 minutes or until al dente. Drain and set aside.



### 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.



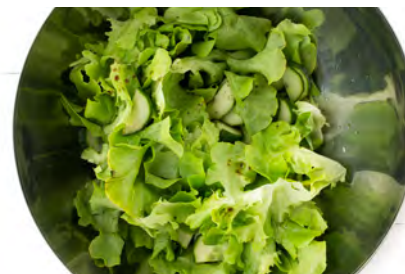
### 3. CRISP THE SAGE

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 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 cucumber. Roughly chop lettuce leaves. Toss together with **1/2 tbsp balsamic vinegar, 1/2 tbsp olive oil, salt and pepper**.



### 6. FINISH AND PLATE

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