



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

The flat leaf parsley is also known as Italian parsley. It has a stronger flavour than the curly parsley and is also a natural breath freshener!



D2 Moroccan Lamb Bolognese

A delicious spin on the traditional bolognese using mild Moroccan spices and lamb mince, served tossed through pasta and finished with creamy feta cheese.

 25 minutes

 2 servings

 Lamb

18 March 2022

Spice it up!

The Moroccan spice mix is mild, however if you like exotic flavours you can add a cinnamon quill and some cumin seeds to the bolognese as it cooks! Garnish the dish with sliced mint instead of parsley if preferred!

FROM YOUR BOX

LONG PASTA	1 packet (250g)
SHALLOT	1
RED CAPSICUM	1
CARROT	1
LAMB MINCE	250g
MOROCCAN SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
FETA CHEESE	1 packet
PARSLEY	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

To rinse the parsley, soak in a bowl of water to remove any sand. Dry in a salad spinner.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a large saucepan of water to boil. Add pasta and cook according to packet instructions or until al dente. Drain and return to saucepan.



2. SAUTÉ THE VEGGIES

Meanwhile, heat a large frypan over medium-high heat with **oil**. Dice shallot and capsicum. Grate carrot. Add all to pan as you go.



3. COOK THE LAMB

Add lamb mince and moroccan spice mix to pan. Cook for 5 minutes until browned.



4. SIMMER THE SAUCE

Pour in chopped tomatoes and **1/2 tin water (200ml)**. Cover and simmer for 10 minutes. Season with **salt and pepper** to taste.



5. PREPARE TOPPINGS

Crumble feta cheese (use to taste). Rinse and chop parsley (see notes).



6. FINISH AND SERVE

Toss the bolognese sauce through pasta in saucepan. Divide among plates. Garnish with feta cheese and parsley.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

