



Product Spotlight: Basil

Fresh basil should be added to dishes for a short cooking time or at the end to retain its lovely flavour.



Roast Capsicum and Pork Bolognese

Long pasta in a luscious red capsicum sauce served with pork mince and cherry tomatoes. We love this sauce for its hidden veg!



25 minutes



2 servings



Pork

9 June 2023

Spruce it up!

You can add some parmesan cheese or crumbled feta cheese on top. Add some olives or capers for extra flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	64g	11g	202g

FROM YOUR BOX

LONG PASTA	500g
WHOLE ROASTED PEPPERS	1 jar
ZUCCHINI	1
BROWN ONION	1
PORK MINCE	300g
CHERRY TOMATOES	1 packets (200g)
BASIL	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, 1 garlic clove

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

You can use dried oregano or fresh rosemary instead of dried thyme!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Reserve **1/4 cup cooking water** before draining. Set aside.



2. PREPARE THE SAUCE

Drain and roughly chop roasted peppers. Chop 1/2 zucchini. Blend together with **1 chopped garlic clove** using a stick mixer or blender until smooth. Season with **salt and pepper**.



3. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Dice and add onion along with pork mince and **2 tsp thyme** (see notes). Cook for 6-8 minutes until sealed. Season with **salt and pepper**.



4. ADD THE VEGETABLES

Dice remaining zucchini and halve tomatoes. Add to pan and cook for 5 minutes until softened.



5. TOSS THE PASTA

Add cooked pasta, capsicum sauce and **1/4 cup reserved cooking water** to pan. Toss until well combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve pasta garnished with basil leaves.



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