



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!



## D4 Moroccan Lamb Bolognese

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

 25 minutes

 4 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 (500g)
BROWN ONION	1
RED CAPSICUM	1
CARROT	1
LAMB MINCE	500g
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 onion 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 tin water (400ml)**. Cover and simmer for 10 minutes. Season with **salt and pepper** to taste.



### 5. PREPARE TOPPINGS

Crumble feta cheese. 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**

