



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: RED ONION

Red onions have a slightly less pungent flavour than the brown onions. This makes them a great addition to salads or dishes with less cooking time!



2. FRYPAN LASAGNE

A super quick and easy way to make the all time favourite lasagne! Using only one pan makes it perfect for a mid-week meal. Served with colourful veggie sticks.

 20 Minutes

 4 Servings

FROM YOUR BOX

| | |
|-------------------|-----------------|
| BEEF MINCE | 600g |
| RED ONION | 1 |
| ZUCCHINI | 1 |
| SLICED MUSHROOMS | 1 punnet (200g) |
| TOMATO SUGO | 1 jar (500g) |
| LONG PASTA | 1 packet (250g) |
| LEBANESE CUCUMBER | 1 |
| YELLOW CAPSICUM | 1 |
| CARROT | 1 |
| BASIL | 1 packet |

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano

KEY UTENSILS

large (deep) frypan with lid

NOTES

For a classic bolognese cook pasta and sauce separately!

No beef option - beef mince is replaced with chicken mince.

No gluten option - pasta is replaced with GF pasta. We suggest cooking pasta and sauce separately. Add only 1/2 - 1 cup water to sauce.



1. BROWN THE MINCE

Heat a large pan with **oil** over high heat. Add mince and cook for 3-4 minutes, breaking up lumps with a wooden spoon. Chop and add onion.



2. ADD REMAINING VEGETABLES

Grate zucchini and add to pan along with mushrooms, **2 tsp oregano, salt and pepper.**



3. ADD SUGO + PASTA

Stir in tomato sugo and **3 cups water.** Add uncooked pasta (see notes), stir to separate. Simmer, covered, over medium heat for 12 minutes or until pasta is tender. Stir halfway.



4. CUT THE VEGGIE STICKS

Cut cucumber, capsicum and carrot into sticks. Place in individual small glasses or in a serving bowl.



5. FINISH AND PLATE

Top frypan lasagne with basil leaves and serve with veggie sticks at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Monday-Friday between 8.30am-4.30pm on 1300 135 660 or send us a text anytime on 0481 072 599.

