



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

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
	72g	21g	120g

FROM YOUR BOX

LONG PASTA	500g
WHOLE ROASTED PEPPERS	1 jar
ZUCCHINI	1
GARLIC CLOVE	1
BROWN ONION	1
PORK MINCE	500g
CHERRY TOMATOES	200g
BASIL	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

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 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 and capsicum sauce to pan. Add **1/4-1/2 cup reserved cooking water** to loosen sauce and 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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