




### Product Spotlight: Polenta


Polenta is made from ground corn and is quite versatile. Use it in sweet and savoury dishes, and it is gluten-free!



## Tuscan Fennel and Borlotti Beans with Lemon Polenta

Tuscan-inspired vegetables simmered in a rich tomato sugo with borlotti beans, served on soft lemon polenta.

 30 minutes

 4 servings

 Plant-Based

12 May 2023

### Speed it up!

*If you're not quick on dicing vegetables, cut them into larger pieces! Just leave them to simmer in the sauce for longer.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 9g **CARBOHYDRATES** 83g

## FROM YOUR BOX

FENNEL	1
CARROT	1
ZUCCHINI	1
GARLIC CLOVES	2
BORLOTTI BEANS	2 x 400g
TOMATO SUGO	1 jar
INSTANT POLENTA	250g
LEMON	1
PARMESAN TOPPING	2 sachets

## FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use dried Italian herbs, fresh thyme or rosemary instead of fennel seeds if you prefer a different flavour.

Cook the polenta in liquid stock or with a stock cube for extra flavour!



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### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **3 tbsp olive oil**. Dice fennel (reserve fronds), carrot and zucchini. Add to pan along with **2 tsp fennel seeds** and 2 crushed garlic cloves (see notes). Cook for 6–8 minutes until softened.



### 2. SIMMER THE BEANS

Drain and stir in beans along with tomato sugo. Cover and simmer for 10 minutes.



### 3. COOK THE POLENTA

Bring a saucepan with **1.3L water** to the boil (see notes). Gradually pour in polenta, whisking continuously until thickened. Remove from heat. Zest lemon (set aside for garnish) and stir juice from 1/2 lemon into polenta. Season with **salt and pepper**.



### 4. FINISH AND SERVE

Divide polenta and beans among shallow bowls. Garnish with parmesan topping, reserved lemon zest and fennel fronds. Wedge remaining lemon to serve.

**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](mailto:hello@dinnertwist.com.au)

