



Product Spotlight: Gluten Free Lab

Perth-based, The Gluten Free Lab prides itself on being 100% certified gluten-free, catering for all lovers of Italian cuisine. You can find some of their great products on our Marketplace.



Moroccan Lentil Bolognese with Fresh Linguine

Traditional flavours of a classic bolognese sauce with a Moroccan twist! This hearty and nutritious meal combines the wholesome goodness of lentils and freshly made pasta from Gluten Free Lab for a tasty dinner!



Slow cook it!

Short on time? Add the lentil bolognese to your slow cooker in the morning so it is ready to eat when you get home for dinner!

30 minutes

4 servings

Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	3g	103g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
CELERY STALKS	2
CHERRY TOMATOES	1 packet (200g)
GARLIC CLOVE	1
RAS EL HANOUT SPICE	1 packet
RED LENTILS	200g
TOMATO PASSATA	1 jar
FRESH LINGUINE (GF)	2 packets (2 x 250g)
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can roughly chop the vegetables and add to a food processor if you have one. Pulse the vegetables to achieve a mince like texture.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **oil**. Dice onion, carrot and celery (see notes). Halve tomatoes. Add all to pan as you go. Add crushed garlic clove. Cook for 5 minutes until softened.



2. ADD LENTILS AND SIMMER

Stir in spice mix, lentils, passata and **2 cups water**. Increase heat to medium-high, cover and simmer for 15 minutes or until lentils are cooked through, stirring occasionally.



3. COOK THE PASTA

Meanwhile, bring a saucepan of water to a boil. Add pasta to boiling water and cook for 2-3 minutes or until al dente. Drain and set aside.



4. TOSS THE PASTA

Season lentils with **salt and pepper** to taste. Add cooked pasta and toss until well combined.



5. FINISH AND SERVE

Chop parsley and use to garnish pasta. Serve at the table.



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