



## Product Spotlight: Walnuts

Walnuts are full of antioxidants, and research suggests they reduce the risk of some cancers, heart disease, and diabetes. Resist the urge to remove the skin because that's where 90% of the antioxidants are!



# Spinach Casarecce with Walnut Bolognese

Fresh spinach casarecce pasta from Gluten Free Lab provides the perfect base for this hearty walnut mince bolognese, infused with herbaceous fennel, kale and basil flavours.



25 minutes



2 servings



Plant-Based

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## Make a soup!

*You can add vegetable stock to the bolognese sauce to make pasta soup!  
Freeze any extra portions for another day.  
Serve with nut parmesan for added flavour.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 33g **CARBOHYDRATES** 129g

## FROM YOUR BOX

FENNEL	1
CARROT	1
WALNUTS	1 packet (60g)
TOMATO SUGO	1 jar
KALE	1 bunch
FRESH SPINACH CASARECCE	1 packet
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

## KEY UTENSILS

large frypan, saucepan, small food processor

## NOTES

Dice the vegetables small for a quicker cook time. You can slice or grate the vegetables if preferred. Use dried oregano instead of fennel seeds for a different flavour.

If you don't have a small food processor, you can finely chop the walnuts with a knife instead.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice fennel and carrot (see notes). Add to pan along with **1 tsp fennel seeds**. Cook for 6–8 minutes until beginning to soften.



### 2. PREPARE WALNUT MINCE

Bring a saucepan of water to a boil (for step 5).

Place walnuts in a food processor and pulse to a mince-like consistency (see notes).



### 3. SIMMER THE SAUCE

Stir walnut mince, tomato sugo and **1 cup water** into vegetables. Simmer for 3 minutes.



### 4. ADD THE KALE

Thinly slice kale leaves and add to bolognese. Stir until wilted. Season to taste with **salt and pepper**. Take off heat.



### 5. COOK THE PASTA

Add casarecce pasta to boiling water. Cook for 3–4 minutes or until al dente. Drain and rinse.



### 6. FINISH AND SERVE

Serve casarecce pasta topped with walnut bolognese. Garnish with basil leaves.



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