

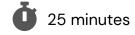




## **Spinach Casarecce**

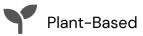
## with Walnut Bolognese

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.





2 servings



# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

21g 33g

33g

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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