



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Penne Arrabbiata

Fresh penne pasta from Gluten Free Lab in a luscious tomato garlic sauce with black olives, basil and a little chilli, served with fresh balsamic dressed watercress.



30 minutes



4 servings



Plant-Based

8 September 2023

Jazz it up!

*Add cheese of your choice or
baby capers to finish the dish!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	25g	115g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHERRY TOMATOES	2 packets (2 x 200g)
GARLIC CLOVES	2
RED LENTILS	1 packet (70g)
ARRABBIATTA SUGO	1 jar
PENNE PASTA	2 x 250g
WATERCRESS	1 sleeve
KALAMATA OLIVES	1 tub (100g)
BASIL	20g

FROM YOUR PANTRY

olive oil, salt, pepper, dried chilli flakes (optional), balsamic vinegar

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Stir the lentils occasionally to prevent them from sticking to the bottom of the pan.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **3 tbsp olive oil**. Dice onion and slice zucchini into crescents. Halve tomatoes. Add all to pan as you go along with crushed garlic cloves and **1 tsp chilli flakes** (optional). Cook for 5 minutes.



2. SIMMER THE SAUCE

Stir in lentils, arrabbiatta sugo and **1 cup water**. Cover and simmer for 15 minutes (see notes).



3. COOK THE PASTA

Meanwhile, bring a saucepan of water to a boil. Add pasta to boiling water and cook for 2-4 minutes or until al dente. Drain and rinse.



4. DRESS THE WATERCRESS

Whisk together **1/2 tbsp balsamic vinegar** and **1 tbsp olive oil**. Trim watercress and toss with dressing. Set aside.



5. TOSS THE PASTA

Rinse olives. Toss with sauce and cooked pasta until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Pick basil leaves (use some to garnish) and stir through pasta. Serve with watercress.



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