



Product Spotlight: Lentils

Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



Spice it up!

You can add dried oregano, thyme or chilli flakes from the pantry to this dish to make it more exciting! You can also substitute the extra water in the sauce with red wine!

2 Lentil Bolognese with Casarecce

A hearty bolognese sauce with red lentils and fennel, tossed through fresh chickpea casarecce from IPastai, finished with sweet basil and cashew parmesan.



30 minutes



2 servings



Plant-Based

6 July 2020

Per serve: **PROTEIN** 65g **TOTAL FAT** 17g **CARBOHYDRATES** 152g

FROM YOUR BOX

CHICKPEA CASARECCE	1 packet (300g)
FENNEL	1
CELERY STICKS	1
COURGETTES	2
STOCK PASTE	1/2 jar *
RED LENTILS	1 packet (100g)
PASTA SAUCE	1 jar
BASIL	1 packet
ALFALFA SPROUTS	1/3 punnet *
CASHEW PARMESAN	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, fennel seeds, balsamic vinegar, tomato paste

KEY UTENSILS

large frypan with lid, saucepan

NOTES

If you're short on time you can slice the vegetables instead of chopping.

If you like to take a bit more time chopping the vegetables you can prepare them all first before heating the pan. Add them all to the heated pan at the same time.



1. COOK THE CASARECCE

Bring saucepan of water to boil. Add pasta to cook for 3 minutes until al dente. Drain and set aside.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Chop fennel, celery and courgettes (see notes). Add to pan as you go along with stock paste, **1/2 tsp fennel seeds**, **1 tbsp balsamic vinegar** and **1 tbsp tomato paste**.



3. ADD LENTILS AND SIMMER

Add lentils. Pour in pasta sauce and **1 1/2 cups water**. Cover with lid and simmer for 15 minutes or until lentils are tender.



4. PREPARE THE TOPPING

Slice basil leaves and set aside with alfalfa sprouts.



5. TOSS THE PASTA

Take bolognese off heat after lentils are cooked. Toss in pasta to coat, add more **water** or **olive oil** if needed. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Divide casarecce among bowls. Top with basil and sprouts. Garnish with cashew parmesan.

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

