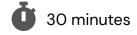




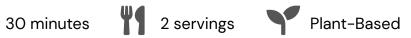


# Penne Arrabbiata

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.







# Jazz it up!

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

TOTAL FAT CARBOHYDRATES

21g

42g

127g

#### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHERRY TOMATOES	1 packets (200g)
GARLIC CLOVE	1
RED LENTILS	1 packet (35g)
ARRABBIATTA SUGO	1 jar
PENNE PASTA	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 **2 tbsp olive oil.** Dice onion and slice zucchini into crescents. Halve tomatoes. Add all to pan as you go along with crushed garlic clove and **1/2 tsp chilli flakes** (optional). Cook for 5 minutes.



## 2. SIMMER THE SAUCE

Stir in lentils, arrabbiatta sugo and 1/2 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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