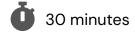




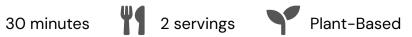


# Penne Arrabbiata

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







# Jazz it up!

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



21g 42g

127g

### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
RED LENTILS	35g
ARRABBIATTA SUGO	1 jar
PENNE PASTA	250g
ROCKET LEAVES	60g
KALAMATA OLIVES	1 tub
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 ROCKET

Whisk together 1 tsp balsamic vinegar and 1/2 tbsp olive oil. Toss rocket 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 rocket leaves.





