



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.



30 minutes



2 servings



Plant-Based

Jazz it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	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.



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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.

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