



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



4/6 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 14g 66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
ZUCCHINI	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	2	3
RED LENTILS	70g	70g + 35g
ARRABBIATTA SUGO	1 jar	2 jars
PENNE PASTA	2 x 250g	3 x 250g
WATERCRESS	1 sleeve	1 sleeve
KALAMATA OLIVES	1 jar	1 jar
BASIL	20g	2 x 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 **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.



4. DRESS THE WATERCRESS

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

2. SIMMER THE SAUCE

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

6P – Stir in **lentils**, **arrabbiata sugo** and **1 1/2 cups water**.



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.



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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