



### 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



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
ARRABBIATA 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.



Scan the QR code to  
submit a Google review!



### 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**.



### 5. TOSS THE PASTA

Rinse **olives**. Toss with **sauce** and **cooked pasta** until well combined. Season to taste with **salt and pepper**.



### 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.



### 6. FINISH AND SERVE

Pick **basil leaves** (use some to garnish) and stir through **pasta**. Serve with **watercress**.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

