





## 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!

PROTEIN TOTAL FAT CARBOHYDRATES

17g 25g

115g

### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHERRY TOMATOES	2 x 200g
GARLIC CLOVES	2
RED LENTILS	70g
ARRABBIATTA SUGO	1 jar
PENNE PASTA	2 x 250g
ROCKET LEAVES	120g
KALAMATA OLIVES	1 tub
BASIL	20g

#### FROM YOUR PANTRY

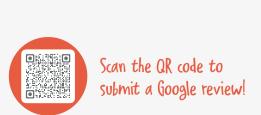
olive oil, salt, pepper, dried chilli flakes (optional), balsamic vinegar

#### **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 **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.



## 2. SIMMER THE SAUCE

Stir in **lentils**, **arrabbiatta sugo** and **1 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 1/2 tbsp balsamic vinegar and 1 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.

