



Product Spotlight: Walnuts

The slightly bitter skin on walnuts? Leave it on – it's where most of the flavour (and most of the good stuff) lives. Crunchy and full of depth, walnuts bring texture and a hint of earthiness to both sweet and savoury dishes.



Spinach Casarecce with Walnut Bolognese

Fresh spinach casarecce pasta from Gluten Free Lab provides the perfect base for this hearty walnut mince bolognese, infused with herbaceous fennel, kale and basil flavours.



25 minutes



4 servings



Plant-Based

Make a soup!

You can add vegetable stock to the bolognese sauce to make pasta soup! Freeze any extra portions for another day. Serve with nut parmesan for added flavour.

Per serve: **PROTEIN** 17g **TOTAL FAT** 33g **CARBOHYDRATES** 76g

FROM YOUR BOX

FENNEL	1
CARROT	1
WALNUTS	1 packet (130g)
TOMATO SUGO	1 jar
KALE LEAVES	1 bunch
FRESH SPINACH CASARECCE	2 packets
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan, small food processor

NOTES

Dice the vegetables small for a quicker cook time. You can slice or grate the vegetables, if preferred. Use dried oregano instead of fennel seeds for a different flavour.

If you don't have a small food processor, you can finely chop the walnuts with a knife instead.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice **fennel** and **carrot** (see notes). Add to pan along with **2 tsp fennel seeds**. Cook for 6-8 minutes until beginning to soften.



2. PREPARE WALNUT MINCE

Bring a saucepan of water to a boil (for step 5).

Place **walnuts** in a food processor and pulse to a mince-like consistency (see notes).



3. SIMMER THE SAUCE

Add **walnuts**, **tomato sugo** and **1 cup water** to pan. Simmer for 3 minutes.



4. ADD THE KALE

Trim and thinly slice **kale leaves** and add to bolognese. Stir until wilted. Season to taste with **salt and pepper**. Take off heat.



5. COOK THE PASTA

Add **casarecce pasta** to boiling water. Cook for 3-4 minutes or until al dente. Drain and rinse.



6. FINISH AND SERVE

Serve **casarecce pasta** topped with **walnut bolognese**. Garnish with **basil leaves**.



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