



Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. Use it in sweet and savoury dishes, and it is gluten-free!



Tuscan Fennel and Borlotti Beans with Lemon Polenta

Tuscan-inspired vegetables simmered in a rich tomato sugo with borlotti beans, served on soft lemon polenta.



30 minutes



4 servings



Plant-Based

Speed it up!

If you're not quick on dicing vegetables, cut them into larger pieces! Just leave them to simmer in the sauce for longer.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	13g	173g

FROM YOUR BOX

FENNEL	1
CARROT	1
ZUCCHINI	1
GARLIC CLOVES	2
BORLOTTI BEANS	2 x 400g
TOMATO SUGO	1 jar
INSTANT POLENTA	250g
LEMON	1
ALMOND PARMESAN TOPPING	40g

FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried Italian herbs, fresh thyme or rosemary instead of fennel seeds if you prefer a different flavour.

Cook the polenta in liquid stock or with a stock cube for extra flavour!

Almond parmesan topping: almond meal, nutritional yeast, onion powder, salt



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **3 tbsp olive oil**. Dice fennel (reserve fronds), carrot and zucchini. Add to pan along with **2 tsp fennel seeds** and 2 crushed garlic cloves (see notes). Cook for 6–8 minutes until softened.



2. SIMMER THE BEANS

Drain and stir in beans along with tomato sugo. Cover and simmer for 10 minutes.



3. COOK THE POLENTA

Bring a saucepan with **1.3L water** to the boil (see notes). Gradually pour in polenta, whisking continuously until thickened. Remove from heat. Zest lemon (set aside for garnish) and stir juice from 1/2 lemon into polenta. Season with **salt and pepper**.



4. FINISH AND SERVE

Divide polenta and beans among shallow bowls. Garnish with parmesan topping, reserved lemon zest and fennel fronds. Wedge remaining lemon to serve.

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