



Product Spotlight: Gluten Free Lab

Perth-based, The Gluten Free Lab prides itself on being certified 100% gluten-free, catering for all lovers of Italian cuisine. You can find some of their great products on our Marketplace.



One Pot Butter Bean Lasagne

Fresh lasagne sheets tucked into a veggie packed sauce with butter beans, finished with a parmesan sprinkle and fresh basil.



25 minutes



2 servings



Plant-Based

Add some cheese!

*Add nut cheese or pre-made white sauce to this dish if you have some!
Grate or add it to the pan before the lid goes on in step 3 for a melty finish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	26g	174g

FROM YOUR BOX

RED ONION	1
RED CAPSICUM	1
GARLIC CLOVES	2
KALE LEAVES	4
TINNED BUTTER BEANS	400g
TOMATO SUGO	1 jar
GF LASAGNE SHEETS	250g
BASIL	1 packet
PARMESAN TOPPING	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan with lid

NOTES

Use liquid vegetable stock instead of water if you have some for an extra boost of flavour. You could also use stock paste or a crumbled stock cube.

Try to separate the sheets as they are tucked into the sauce to prevent any clumping. They will break apart a little as they cook but that's ok!

Parmesan topping: lupin flakes, sunflower seeds, nutritional yeast, garlic, mixed dried herbs, sea salt, mustard powder, pepper.



1. SAUTÉ THE VEGETABLES

Heat a large pan over medium-high heat with **olive oil**. Dice **red onion** and **capsicum**. Add to pan as you go along with crushed **garlic cloves** and **2 tsp dried Italian herbs**. Cook for 5 minutes until softened.



2. STIR THROUGH THE BEANS

Slice **kale** leaves. Drain and rinse **butter beans**. Add all to pan along with **tomato sugo** and **2 cups water** (see notes). Simmer for 2 minutes and season with **salt and pepper**.



3. COOK THE PASTA

Roughly tear **lasagne sheets** (use to taste). Tuck into sauce as it simmers (see notes). Cover and cook for 5-7 minutes until pasta is tender, add more **water** if needed.



4. FINISH AND SERVE

Slice **basil leaves** and sprinkle over **lasagne** along with **parmesan topping** to serve.



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