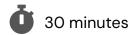




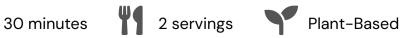


# **Red Lentil Minestrone**

Classic heartwarming minestrone with seasonal veggies, penne pasta and red lentils finished with garlic skordalia, fresh basil and chilli flakes.







Slow cook it!

Cook the minestrone in the slow cooker (all except pasta and toppings) instead if you like! Add pasta for serving or serve with a rustic fresh sourdough.

TOTAL FAT CARBOHYDRATES

25g

123g

#### **FROM YOUR BOX**

BROWN ONION	1
CARROT	1
ZUCCHINI	1
GARLIC CLOVE	1
STOCK PASTE	1 small jar
CHOPPED TOMATOES	400g
RED LENTILS	100g
SHORT PASTA (GF)	300g
BASIL	20g
SKORDALIA	1 tub

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, chilli flakes (optional)

#### **KEY UTENSILS**

saucepan, large pan with lid

#### **NOTES**

Use fresh thyme if you have it in your garden!

Leftover skordalia can be used as a spread, dip or dollop on roasted veggies or spiced rice such as paella.





# 1. SAUTÉ THE ONION

Bring a saucepan of water to a boil.

Trim and slice **onion**. Heat a large pan with **oil** over medium-high heat. Add onion with **2 tsp thyme, salt and pepper.** Sauté for 3-4 minutes or until softened (see notes).



## 2. ADD REMAINING VEGGIES

Dice **carrot** and **zucchini**, add to pan as you go with crushed **garlic**. Cook for 4–5 minutes, stir in **stock paste**.



### 3. ADD LENTILS & SIMMER

Pour in **chopped tomatoes** and **2 tins** water (800ml). Stir in red lentils and simmer, covered, over medium heat for 15 minutes.



## 4. BOIL THE PASTA

Add 1/2 packet pasta to boiling water and cook according to packet instructions. Drain and rinse thoroughly in cold water.



## 5. ADD THE PASTA

Add pasta to minestrone just before serving. Add more water if needed and season with **salt and pepper** to taste.



## 6. FINISH AND SERVE

Chop basil leaves.

Serve minestrone in bowls topped with basil and a dollop of **skordalia** (see notes). Sprinkle with **chilli flakes** (optional).

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 0481 072 599 or send an email to hello@dinnertwist.com.au



