



Product Spotlight: Veggie Stock Paste

Urban Forager stock concentrates are locally produced here in WA, using 100% Australian (and real) ingredients! There are also available on the marketplace.



Red Lentil Minestrone

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



30 minutes



2 servings



Plant-Based

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	19g	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.



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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**

