



Product Spotlight: Skordalia

Skordalia is a tasty Greek sauce made from garlic paste, lemon juice and olive oil. It's delicious served with roast potatoes and on toast! If you find the flavour a little punchy, you can mix it with yoghurt or mayonnaise.



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** 25g **TOTAL FAT** 22g **CARBOHYDRATES** 86g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
ZUCCHINI	1
GARLIC CLOVE	1
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), vegetable stock cube

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 **1 crumbed stock cube**.



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 **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**. Sprinkle with **chilli flakes** (optional).



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