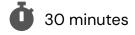






# **Red Lentil Minestrone**

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





30 minutes 4 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.

TOTAL FAT CARBOHYDRATES

23g

105g

## **FROM YOUR BOX**

LEEK	1
CARROTS	2
ZUCCHINI	1
GARLIC CLOVES	2
STOCK PASTE	1 small jar
CHOPPED TOMATOES	400g
RED LENTILS	200g
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 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 LEEK

Bring a saucepan of water to a boil.

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



# 2. ADD REMAINING VEGGIES

Dice **carrots** 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 **3 tins** water (1.2L). 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** (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



