



Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



2 Walnut Bolognese with Golden Potatoes

A rich eggplant and walnut bolognese served with golden roast root veggies, topped with peppery rocket leaves and a sprinkle of cheesy cashew parmesan.

 30 minutes

 2 servings

 Plant-Based

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Spice it up!

You can add fennel seeds or dried chilli flakes to the bolognese as it simmers for a more exciting flavour. Garnish with fresh basil or parsley at the end.

Per serve: **PROTEIN** 18g **TOTAL FAT** 34g **CARBOHYDRATES** 78g

FROM YOUR BOX

POTATOES	3
PARSNIP	1
WALNUTS	1 packet (60g)
GARLIC CLOVE	1
SPRING ONIONS	1/4 bunch *
CELERY STICKS	2
MEDIUM EGGPLANT	1
PASTA SAUCE	1 jar
ROCKET LEAVES	1 bag (60g)
CASHEW PARMESAN	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

KEY UTENSILS

oven tray, frypan, small food processor (see notes)

NOTES

The food processor makes a nice crumb consistency. If you don't have one you can finely chop the nuts by hand instead.

The smaller you dice the eggplant the quicker it will cook. If you choose to leave the eggplant in bigger pieces, simply simmer for longer and add more water if needed.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut potatoes and parsnip into cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



2. PREPARE THE WALNUTS

Add walnuts and chopped garlic clove to a small food processor and pulse until it resembles a crumb. Set aside.



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice spring onions. Dice celery and eggplant (see notes). Add to pan along with **1 tsp oregano**. Cook for 5 minutes until golden.



4. SIMMER THE BOLOGNESE

Add chopped walnuts and garlic to the pan. Pour in pasta sauce and **1 cup water**. Simmer for 10 minutes. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide roast vegetables among shallow bowls. Top with walnut bolognese and rocket leaves. Sprinkle over cashew parmesan.

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

