



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red Lentils


Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



1 Red Lentil and Tomato Pasta

A veggie-packed pasta sauce, served with a fresh basil and green olive topping.

 30 minutes

 4 servings

 Plant-Based

19 November 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	18g	90g

FROM YOUR BOX

RED CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
GREEN BEANS	1/2 bag (125g) *
TOMATO PASTE	1 sachet
RED LENTILS	1 packet (200g)
GRAIN PASTA	1 packet
BASIL	1 packet (20g)
OLIVES	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, vinegar of choice

KEY UTENSILS

2 saucepans

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE THE VEGETABLES

Bring a saucepan of water to the boil.

Slice capsicum. Halve tomatoes. Trim and slice green beans.



2. SAUTÉ THE TOMATOES

Heat a saucepan over medium-high heat with **oil**. Add tomatoes, tomato paste and **1 tbsp oregano**. Sauté for 2-3 minutes. Add lentils, remaining vegetables and **2 1/2 cups water**. Simmer, covered, for 10-15 minutes or until lentils are tender.



3. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions. Drain and rinse in cold water.



4. PREPARE THE TOPPING

Roughly chop basil leaves and drained lentils. Mix in a bowl with **1 tbsp olive oil** and **2 tbsp vinegar**.



5. TOSS THE PASTA

Add pasta to saucepan with lentils. Toss until well combined. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta among bowls. Serve with topping.

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**

