



Product Spotlight: Thyme

During the Middle Ages, thyme was thought to ward off nightmares if placed under a pillow before sleeping! It's also a good source of vitamin C.



4 Lentil Balls with Vegetable Noodles

Lentil balls in a rich tomato based sauce, served over zucchini and carrot noodles with umami packed cashew parmesan.

 30 mins

 4 servings

 Plant-Based

11 June 2021

Get it on the table!

If you're feeling pushed for time, skip making the balls. Just add the lentils straight to your tomato sauce and simmer for the full 10-15 minutes.

Per serve: **PROTEIN** 15g **TOTAL FAT** 3g **CARBOHYDRATES** 41g

FROM YOUR BOX

TINNED LENTILS	2x 400g
THYME	1 packet
TOMATO PASTE	1 tub
BROWN ONION	1
CELERY STICK	2
GARLIC	2 cloves *
STOCK PASTE	1 jar
ZUCCHINIS	2
CARROTS	2
CASHEW PARMESAN	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan with lid, kettle

NOTES

If you have some fresh parsley or dried herbs such as oregano, parsley or Italian herbs, add them into the meatball mix, along with some breadcrumbs for extra flavour.

If you don't want to make noodles, you can cut the vegetables and add them at step 2 and sauté into the sauce.



1. MAKE THE LENTIL BALLS

Drain and rinse the lentils. Add to a bowl with half the thyme, 1 tbsp tomato paste, **salt and pepper** (see notes). Use a fork to mash and mix together. Heat a frypan over medium-high heat with **oil**. Using oiled hands roll into even sized balls and add to pan. Cook for 5-6 minutes turning until browned. Set aside.



2. COOK VEGETABLES

Reduce pan heat to medium-low. Slice onion and celery, crush garlic cloves (see notes). Add to pan with **oil** and remainder of the thyme. Cook stirring for 2-3 minutes, add remaining tomato paste and cook for further 3-4 minutes stirring.



3. SIMMER THE SAUCE

Bring the heat on the pan up to medium-high. Add **750ml water** to the pan with stock. Season with **salt and pepper**. Simmer covered for 5-8 minutes.



4. MAKE THE NOODLES

Boil the kettle. Ribbon or julienne zucchinis and carrots into noodles using a julienne peeler/spiralizer or vegetable peeler. Pour boiling water over to heat through then drain.



5. ADD THE LENTIL BALLS

Add the lentil balls back into the pan. Simmer for a further 5 minutes.



6. FINISH AND PLATE

Evenly divide noodles among bowls. Spoon over even amounts of sauce and lentil balls. Garnish with 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

