



Product Spotlight: 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!



3 Pork Bolognese with Zucchini Noodles

A classic tomato bolognese with pork mince and fresh fennel, tossed through zucchini and carrot noodles and finished with fresh basil.



30 minutes



4 servings



Pork

6 July 2020

Mix it up!

You could turn this dish into a lasagne by thinly slicing the zucchinis lengthways and layering them in an oven dish with the bolognese sauce. Add a little cheese on top if you have some!

Per serve: **PROTEIN** 35g **TOTAL FAT** 8g **CARBOHYDRATES** 55g

FROM YOUR BOX

FENNEL	1
CELERY STICKS	2
TOMATOES	2
RED LENTILS	1 packet (100g)
PORK MINCE	300g
STOCK PASTE	1/2 jar *
PASTA SAUCE	1 jar
ZUCCHINIS	2
CARROTS	2
BASIL	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, fennel seeds, balsamic vinegar, tomato paste

KEY UTENSILS

large frypan with lid

NOTES

If you don't have a spiralizer you can julienne the vegetables or ribbon them to make the noodles.

No pork option – pork mince is replaced with chicken mince.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Chop fennel, celery and tomatoes. Add to pan as you go along with **1 tsp fennel seeds**.



2. ADD THE LENTILS & PORK

Add lentils and pork mince to pan. Stir in stock paste, **1 tbsp balsamic vinegar** and **1 tbsp tomato paste**. Cook for 6–8 minutes until vegetables have softened.



3. SIMMER THE SAUCE

Pour in pasta sauce and **2 cups water**. Cover with lid and simmer for 15 minutes or until lentils are tender.



4. MAKE THE NOODLES

Julienne or ribbon zucchinis and carrots into noodles using a julienne peeler/spiralizer or vegetable peeler.



5. TOSS THE NOODLES

Take bolognese off heat after lentils are cooked. Toss in noodles to coat. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Divide bolognese and noodles among bowls. Garnish with sliced basil leaves.

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**

