



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

Parsley... not just for eating! It's also used in some types of soaps and body lotions that are especially good for dry skin.



3 Stovetop Lasagne

Lasagne, without the oven? Yes, you read that right! Enjoy this classic family meal with less prep and less time spent waiting impatiently while the dish is baking.

 30 minutes

 2 servings

 Beef

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Empty the fridge

If you have spare veggies in your fridge begging to be used, you can easily add them in step 2, finely chopped or grated. For example, mushroom, zucchini, baby spinach and eggplant are all great additions. Just keep in mind you may need to add 1/2 - 1 cup extra water and a little extra oregano.

FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	1/4 bunch *
GARLIC CLOVE	1
CARROTS	2
TOMATO SUGO	1 jar (350g)
LASAGNE SHEETS	3 sheets
RICOTTA CHEESE	2/3 cup *
BABY SPINACH & ROCKET	1 bag (60g)
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan with a lid

NOTES

For a golden top, place under the oven grill for 3–5 minutes. You can even sprinkle with a little shredded cheese of choice first.

To bulk up the meal, serve with bread of choice.

No beef option – beef mince is replaced with chicken mince. Add chicken mince at step two after frying off the spring onion and garlic. You may need to add 1 tbsp oil.

No gluten option – lasagne sheets are replaced with GF lasagne sheets.



1. COOK THE MINCE

Heat a large frypan over high heat. Add the mince and cook, breaking up with a spatula, for 3 minutes. Dice and add spring onions, cook for further 2–3 minutes.



2. MAKE THE SAUCE

Reduce heat to medium-high. Crush in garlic and add **1 1/2 tsp oregano**. Grate and add **1 carrot** along with sugo and **1 jar water**. Bring to a simmer and season with **1 tbsp vinegar, salt and pepper**.



3. ADD THE LASAGNE STRIPS

Cut lasagne sheets into 3–4 cm wide strips and place into pan, making sure to separate and cover each strip in sauce. Dollop over ricotta, cover, and leave to simmer for 8–10 minutes over medium heat.



4. DRESS THE SALAD

Julienne the other carrot and mix with baby spinach and rocket mix.

Toss salad with **1/2 tbsp olive oil, 1 tsp vinegar, salt and pepper**.

Chop parsley.



5. FINISH AND PLATE

Sprinkle parsley over the lasagne and serve at the table with salad (see notes).

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

