

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Onion

Red onions have a slightly less pungent flavour than brown onions. This makes them a great addition to salads or dishes with less cooking time!



2 Frypan Lasagne

A super quick and easy way to make the all time favourite lasagne! Using only one pan makes it perfect for a mid-week meal. Served with colourful veggie sticks.

 20 minutes

 2 servings




 Beef

2 July 2021

Keep it simple

*For a classic bolognese cook pasta
and sauce separately!*

FROM YOUR BOX

BEEF MINCE 	300g
RED ONION	1/2 *
COURGETTES	2
SLICED MUSHROOMS	1/2 packet (100g) *
PASTA SAUCE	1 jar (500g)
LONG PASTA	1 packet (250g)
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1/2 *
CARROT	1
BASIL	1 packet
 RED LENTILS	50g
 MESCLUN LEAVES	1 bag (60g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano


KEY UTENSILS

large (deep) frypan with lid

NOTES

No beef option – beef mince is replaced with **chicken mince**. Increase cooking time to 4–5 minutes or until cooked through.


No gluten option – pasta is replaced with **GF pasta**. We suggest cooking pasta and sauce separately. Add only 1/2 – 1 cup water to sauce.

 **VEG OPTION** – Ingredients are replaced with **vegetarian alternatives** – follow the **cooking instructions as directed**.



1. BROWN THE MINCE


Heat a large pan with **oil** over high heat. Add mince and cook for 3–4 minutes, breaking up lumps with a wooden spoon. Chop and add onion.

 **VEG OPTION** – Dice red onion, carrot and capsicum. Sauté in a large frypan with oil until softened.



4. CUT THE VEGGIE STICKS

Cut cucumber, capsicum and carrot into sticks. Place in individual small glasses or in a serving bowl.

 **VEG OPTION** – Slice cucumber and toss with mesclun leaves in a bowl. Dress with oil and vinegar (if desired).



2. ADD THE VEGETABLES

Grate courgettes and add to pan along with mushrooms, **2 tsp oregano, salt and pepper**.

 **VEG OPTION** – Cook as above, adding red lentils as well.



5. FINISH AND SERVE

Top frypan lasagne with basil leaves and serve with veggie sticks at the table.

 **VEG OPTION** – Serve veggie lasagne at the table with (dressed) side salad.



3. STIR IN SAUCE & PASTA

Stir in pasta sauce and **3 cups water**. Add uncooked pasta (see notes), stir to separate. Simmer, covered, over medium heat for 12 minutes or until pasta is tender. Stir halfway.

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

