

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Broccoli


Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



2 One-Pot Salami Pasta

Everything added & cooked in one pot – quick & mess-free! A perfect family meal to be enjoyed mid-week!

 20 minutes

 4 servings




 Pork

22 March 2021

Add veggies

You can add any veggies of choice to this dish instead of, or as well as, the broccoli. Fennel, leek, zucchini or pumpkin would work well.

FROM YOUR BOX

SALAMI 	1 packet (100g)
BROWN ONION	1
THYME	1/2 packet *
BROCCOLI	1
GARLIC CLOVES	2
TINNED CHERRY TOMATOES	400g
FUSILLI PASTA	1 packet (500g)
PARMESAN CHEESE	1/3 block *
 RED LENTILS	1 packet (100g)
 TOMATO PASTE	1 sachet

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, 1 stock cube (chicken or veg)

KEY UTENSILS


large saucepan with lid

NOTES

Cook pasta and sauce separately if you prefer! This way both elements can be prepared ahead of time.

No pork option – salami is replaced with turkey. Cook as per recipe instructions.


No gluten option – pasta is replaced with GF pasta. We recommend cooking sauce and pasta separately. Reduce the water for the sauce to 400ml (1 tin).

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



1. PREPARE SALAMI & VEGGIES


Chop salami, dice onion and pick thyme leaves. Cut broccoli into small florets and crush garlic. Add to a large saucepan.

 **VEG OPTION** – Dice onion, pick thyme leaves, cut broccoli into small florets and crush garlic cloves. Add to a large saucepan along with lentils.



2. ADD SAUCE INGREDIENTS

Pour in tinned tomatoes and **4 1/2 cups water**. Crumble in **1 stock cube** and add **1 tbsp olive oil**. Place over high heat to bring to a simmer.

 **VEG OPTION** – Prepare as above, adding tomato paste as well.



3. ADD THE PASTA

Add pasta and combine well. Cover and simmer over medium heat for 12 minutes or until pasta is cooked al dente. Stir occasionally to separate the pasta.



4. FINISH AND SERVE

Season pasta with **salt and pepper** to taste. Top with parmesan cheese and serve while hot.

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

