



Product Spotlight: Red Lentils

Red lentils are a pantry powerhouse – high in plant-based protein and fibre, they cook quickly without soaking and thicken beautifully into sauces and stews. They're naturally gluten-free and absorb bold flavours effortlessly.



Red Lentil Ragu with Creamy Polenta

Tuscan-inspired vegetables simmered in a rich tomato sugo with red lentils, served on soft lemon polenta.

Speed it up!!

If you're not quick on dicing vegetables, cut them into larger pieces. Add an extra splash of water and leave everything to simmer for a further 5 minutes, or until vegetables are tender.



35 minutes



Plant-Based



4/6 servings

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	22g	71g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGGPLANT	1	2
CARROT	1	2
CELERY	2	2
GARLIC CLOVES	2	3
RED LENTILS	2 x 70g	3 x 70g
TOMATO SUGO	350g	2 x 350g
VEGGIE STOCK PASTE	1 small jar	1 small jar
SLIVERED ALMONDS	2 x 40g	2 x 40g
INSTANT POLENTA	250g	250g + 125g
LEMON	1	1
ROCKET LEAVES	60g	2 x 60g

FROM YOUR PANTRY

olive oil, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan, small frypan

NOTES

Dice the eggplant larger (2–3cm) for a bit of texture and the carrot and celery smaller for a faster cook (1cm). You can use dried Italian herbs, fresh thyme or rosemary instead of fennel seeds if you prefer a different flavour.

Add an extra splash of water if the sauce thickens too quickly before the lentils are cooked through.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **3 tbsp olive oil**. Dice **eggplant**, **carrot** and **celery** (see notes). Add to pan along with **2 tsp fennel seeds** and **crushed garlic**. Cook for 6–8 minutes, or until softened.

6P– use 3–4 tsp fennel seeds.



4. COOK THE POLENTA

Bring a saucepan with **1.3L water** and remaining **veggie stock paste** to the boil. Reduce to a simmer and pour in **polenta**, whisking continuously until thickened. Remove from heat. Zest **lemon** (set aside for garnish) and stir juice from **1/2 lemon** into **polenta**. Season with **salt and pepper**.

6P – use 1.9L water.



2. SIMMER THE LENTILS

Add **lentils**, **tomato sugo**, **1/2 jar stock paste** and **1 1/2 cups water** to pan. Stir to combine. Cover and simmer for 15–18 minutes, or until **lentils** are soft and sauce has thickened (see notes). Season with **salt and pepper**.

6P – add 2 cups water.



5. FINISH AND SERVE

Divide **polenta** and **lentil ragu** among shallow bowls. Garnish with toasted **almonds**, **rocket leaves** and reserved **lemon zest**. Wedge remaining **lemon** to serve.



3. TOAST THE ALMONDS

Heat a small dry frypan over medium heat. Add **almonds** and toast for 2–3 minutes, stirring regularly, or until golden. Remove from heat and set aside.

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