

Fo sku1222 hero

Bowtie Pasta

with Lentils and Arugula



30-40min



4 Servings

Caramelized onions, fresh tomatoes, earthy lentils, and bright arugula come together to make a luscious pasta sauce. A good sprinkle of Parmesan and a healthy drizzle of olive oil to finish add richness without compromising flavor (or virtue!) Cook, relax, and enjoy!

What we send

- yellow onion
- fresh plum tomatoes
- can lentils
- baby arugula

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- box grater or microplane
- colander
- large pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 674.0kcal, Fat 12.2g, Proteins 28.5g, Carbs 111.3g



1. Prep vegetables

Bring a large pot of **salted water** to a boil. Halve, peel, and thinly slice **onions**. Halve, core, and dice **tomatoes**.



2. Cook onions

Heat 2 tablespoons **oil** in a large skillet over medium. Add **onions**, 2 tablespoons **water**, and ½ teaspoon **salt**. Cover and cook until wilted, stirring occasionally, 7-8 minutes. Uncover and cook over medium-high, stirring frequently, until deeply browned, about 15 minutes more. Add a few tablespoons **water** occasionally if pan begins to scorch.



3. Add lentils and tomatoes

Drain and rinse **lentils** and add to skillet. Stir in **tomatoes** and season with **salt** and **pepper**. Remove from heat.



4. Cook pasta

Add **pasta** to boiling water and cook until al dente, 10-12 minutes. Drain, reserving **1 cup pasta water**. Return pasta to pot.



5. Combine ingredients

Add **lentil-onion-tomato mixture** to **pasta**, along with **arugula**, and stir to combine. Add **reserved pasta water**, season with **salt** and **pepper**, and cook on medium heat, stirring, until sauce is thickened, 2-3 minutes.



6. Finish dish

Grate **cheese** and stir **most** into **pasta**. Spoon onto plates and serve with **remaining cheese** and a drizzle of **olive oil**. Enjoy!