



LENTIL AND ZUCCHINI PASTA

WHAT YOU NEED

- ½ medium onion, chopped
- 1 tsp. olive oil
- 2 cloves garlic, crushed
- ½ tbsp. Italian herbs
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2x 14 oz. (400g) canned chopped tomatoes
- 5 oz. (156ml) canned tomato paste
- ½ cup (95g) red split lentils
- ½ cup (120ml) vegetable stock or water
- ½ tbsp. sugar or maple syrup
- 10 cups zucchini noodles

WHAT YOU NEED TO DO

Spiralise the zucchini into noodles using a spiraliser. Alternatively buy store-bought zucchini noodles. Place the noodles into a large bowl, sprinkle with ¼ teaspoon of salt, mix well and set aside to sit.

Place a saucepan over a medium-high heat, add the oil and sauté the onions for 3 minutes, stirring often. Add the garlic, salt and pepper and spices and stir well for a further minute.

Add the crushed tomatoes, red split lentils, vegetable stock or water, and sugar or maple syrup and mix well. Bring to a boil and then reduce heat to a simmer. Cover the pan with a lid and simmer for 15 minutes.

Remove the lid from the pan and add in the can of tomato paste and the fresh parsley and basil. Cook for another 5 minutes uncovered.

Take the zucchini noodles and place some of them into the middle of a tea towel. Fold the sides up and grab, slowly twist the tea towel to wring out the excess water into the sink. Do this for all the zucchini noodles and then place into a large frying pan. Cook on high for 3-5 minutes, depending on the thickness of the noodles.

Once the zucchini noodles are cooked place them into a large bowl and top with sauce. Sprinkle with more fresh herbs and a little parmesan cheese.

Tip: Replace the zucchini noodles with 320 grams of pasta.



Serves: 3
Prep: 10 mins
Cook: 20 mins

