

Vegan and vegetarian friendly 

# Tomato and lentil pasta



Prep & cooking time: 30 Minutes

Servings: 4 People

## Ingredients:

- 300g of any pasta
- 1 can of lentils, drained and rinsed
- 1 can of tomatoes
- 1 small chopped onion
- 1 tbsp of any cooking oil
- Seasonings of your choice, e.g., garlic powder, paprika, mixed herbs, pepper, or salt
- Can add spinach, grated carrot, or frozen peas for extra vegetables (Optional)

## Method:

1. Cook the pasta
  - Bring a large pot of salted water to a boil.
  - Add pasta and cook according to the packet (usually 8–10 mins).
  - Drain and set aside.
2. Make the sauce
  - Heat oil in a pan on medium heat.
  - Add onion and cook for 3–4 minutes until soft.
  - Add garlic and cook for another minute.
  - Add tomatoes and lentils
  - Pour in the canned tomatoes, lentils, and seasonings of your choice.
  - Stir well and let it simmer for 10–15 minutes, until slightly thickened.
  - Add a splash of water if it gets too thick.
3. Combine & serve
  - Add the cooked pasta to the sauce and mix well.
  - Season with salt and pepper.
  - Optional: stir in spinach or frozen veggies at the end to warm through.

