

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.

