



# HEALTHY PANTRY PASTA RECIPE

☰ Prep: 10 mins  
🕒 Cook: 15 mins  
🍴 Serves: 2  
★ ★ ☆ ☆ ☆

## Ingredients

- ▲ 1 tsp oil
- ▲ 1 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 1 carrot, grated
- ▲ 1/4 zucchini, grated
- ▲ 2 tsp dried mixed herbs
- ▲ to taste pepper
- ▲ 1 x 400g can no-added-salt diced tomatoes
- ▲ 1 x 400g can no-added-salt brown lentils
- ▲ 1 tbs Parmesan cheese
- ▲ 120 g spaghetti or other pasta

## Method

1. Cook pasta according to packet directions and drain.
2. Heat oil in a saucepan, add onion and garlic and cook until soft.
3. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
4. Add tomatoes, lentils, herbs and pepper to vegetables, turn up the heat and simmer for 5 minutes.
5. Remove from heat and serve over pasta. Sprinkle with cheese.

**Comment:** \*To make this dish dairy free, replace Parmesan with soy cheese, nutritional yeast, or leave it out all together. \*To make this dish gluten free, use gluten free pasta or noodles

**Variation:** Use up whatever fresh or frozen veggies you have in this sauce. Pumpkin, eggplant, and green beans all work well.



**Pantry pasta ingredients**

## Nutrition Information

|                     | per serving | per 100g |
|---------------------|-------------|----------|
| <b>Energy</b>       | 2170 kJ     | 367 kJ   |
| <b>Protein</b>      | 28 g        | 5 g      |
| <b>Fat, total</b>   | 8 g         | 1 g      |
| — saturated         | 3 g         | 0.4 g    |
| <b>Carbohydrate</b> | 74 g        | 13 g     |
| — sugars            | 14 g        | 2 g      |
| <b>Sodium</b>       | 671 mg      | 114 mg   |
| <b>Fibre</b>        | 18 g        | 3 g      |