

Epping
Forest
foodbank



LENTIL PASTA

SERVES 2



LENTIL PASTA



Ingredients

- 1 onion, peeled and sliced
- 1 small tin of sliced carrots, drained
- 1 clove of garlic, peeled and sliced
- 2 tsp oil
- 15g parsley, chopped
- 1 vegetable stock cube
- 1 tin of chopped tomatoes
- 100g dried brown lentils, rinsed
- 200g spaghetti

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Recipe

- 1- Cook the spaghetti according to packet instructions.
- 2- Whilst it is cooking, heat the oil in a saucepan on a high heat. Add the garlic and onion and cook until the onions start to become translucent.
- 3- Crumble in the stock cube, then add the tomatoes, and lentils. Stir and simmer over a low heat for 20 mins.
- 4- Take 4 tbsp of pasta water and mix it into the sauce.
- 5- Drain and pasta and serve.



LENTIL PASTA

Cost

Onion - 10p
Carrots - 30p
Garlic - 5p
Oil - 2p
Parsley - 45p
Stock Cube - 5p
Tomatoes - 28p
Lentils - 14p
Spaghetti - 8p

TOTAL - £1.47

