



## Recipe Information

**Number of Serves:** 6

**Preparation Time:** 5mins

**Cooking Time:** 20mins

## Ingredients

1tbs olive oil  
1 brown onion, finely chopped  
2 celery sticks, ends trimmed, finely chopped  
2 carrots, peeled, coarsely grated  
2 garlic cloves, crushed  
420g can lentils, drained & rinsed  
400g can chopped tomatoes  
½ cup vegetable stock  
2 tbs tomato paste  
2 teas dried herbs  
1 cup frozen peas & corn  
500g dried spaghetti pasta  
½ cup reduced fat cheese, grated

# Soifua Maloloina Vegie Spaghetti

## Method

1. Heat the oil in a large saucepan over medium heat. Add the onion, celery, carrot and garlic, and cook, stirring, for 3 minutes or until the vegetables soften.
2. Stir in the lentils, tomato, stock, tomato paste and oregano. Increase heat to medium-high and bring to the boil. Reduce heat to low and simmer, partially covered, for 15 minutes or until the mixture thickens.
3. Meanwhile, cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain and return to the pan.
4. Add the frozen vegetables to the pot of lentils and cook for a further 3 minutes.
5. Add sauce to pasta. Combine. Serve sprinkled with grated cheese.

### Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables.
- You can mix the recipe up by adding other legumes – try three bean mix or a can of chickpeas. Lentils are budget friendly and healthy alternative to meat based bolognaise.
- Approximate Cost per Serve \$1.50

