

Super veg spaghetti

A hearty vegetarian pasta dish that is easy to prepare. This dish is designed for you to be able to substitute with whatever vegetables you have in your fridge. The lentils add protein to this dish which will fill you up, and they can also be substituted with another legume such as chickpeas or red kidney beans.



- Serves : **4**
- Prep : **5 min**
- Cook : **15 min**

- Vegan
- Vegetarian
- Lactose free

Ingredients

- 400g wholemeal spaghetti
- 1 tablespoon garlic infused olive oil (or alternatively use olive oil and 1 clove of garlic)
- 1 onion, chopped
- 1 teaspoon dried oregano
- 1 carrot, chopped
- 1 zucchini, chopped
- ½ bunch of kale
- 1 red capsicum, chopped
- 1 x 400g tin diced tomatoes
- 1 x 400g tin lentils, drained and rinsed
- Salt and pepper
- Basil leaves, to serve

Method

- 1.** Half fill a large saucepan with water and bring to the boil over high heat. Once boiling, add spaghetti and cook for approximately 12 minutes.
- 2.** Meanwhile in a separate medium saucepan add the olive oil and heat over medium heat. Add the onion and oregano and cook for 5 minutes. Add the carrot and zucchini and continue to cook for another 3-4 minutes. Stir in the kale and capsicum, then add the diced tomatoes and lentils. Bring to the boil and cook for another 5-10 minutes until the sauce has thickened. Season with salt and pepper.
- 3.** Drain the pasta and split between 4 bowls. Top each bowl with the vegetable sauce and a sprinkle of basil. Serve!