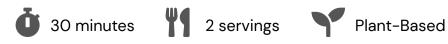






A veggie-packed pasta sauce, served with a fresh basil and green olive topping.



19 November 2021

FROM YOUR BOX

RED CAPSICUM	1/2 *
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1/2 bag (75g) *
TOMATO PASTE	1 sachet
RED LENTILS	1 packet (100g)
GRAIN PASTA	1 packet
BASIL	1 packet (20g)
OLIVES	1 jar

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, vinegar of choice

KEY UTENSILS

2 saucepans

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE THE VEGETABLES

Bring a saucepan of water to the boil. Slice capsicum. Halve tomatoes. Trim and slice green beans.



2. SAUTÉ THE TOMATOES

Heat a saucepan over medium-high heat with **oil.** Add tomatoes, tomato paste and **2 tsp oregano.** Sauté for 2-3 minutes. Add lentils, remaining vegetables and **11/2 cups water.** Simmer, covered, for 10-15 minutes or until lentils are tender.



3. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions. Drain and rinse in cold water.



4. PREPARE THE TOPPING

Roughly chop basil leaves and drained olives. Mix in a bowl with **1 tbsp olive oil** and **2 tbsp vinegar.**



5. TOSS THE PASTA

Add pasta to saucepan with lentils. Toss until well combined. Season with **salt and pepper.**



6. FINISH AND SERVE

Divide pasta among bowls. Serve with topping.

