



Twisted pasta

Published, 2023

With thanks to Harmony Primary School

Traffic light category: Green Serves: 14 (200g)

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 celery sticks, finely chopped
- 2 carrots, peeled, coarsley grated
- 2 garlic cloves, crushed
- 400g tin brown lentils, drained and rinsed
- 400g tin chopped tomatoes
- 500mL (2 cups) salt reduced vegetable stock
- 2 tablespoons reduced salt tomato paste
- 500g pasta twirls, uncooked
- 100g reduced fat tasty cheese, grated

Method

1. Heat oil in a large saucepan over medium heat. Add onion, celery, carrot and garlic, cook stirring for 4 minutes or until vegetables soften
2. Stir in lentils, tomatoes, stock and tomato paste
3. Increase heat to medium-high, bring to the boil, reduce heat and simmer partially covered for 20 minutes or until sauce thickens
4. Bring a large pot of water to the boil, add pasta and cook following packet directions or until al dente. Drain and return to the pan
5. Add sauce to pasta and stir until combined
6. Portion into oven safe containers, sprinkle a tablespoon of cheese on top, bake until cheese is melted.



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