

Pantry Pasta

Recipe provided by [LiveLighter](#)



Serves 2

Ingredients

- 1 tsp oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 carrot, grated
- 1/4 zucchini, grated
- 2 tsp dried mixed herbs
- to taste pepper
- 1 x 400g can no-added-salt diced tomatoes
- 1 x 400g can no-added-salt brown lentils
- 1 tbs Parmesan cheese
- 120 g spaghetti or other pasta



Method

1. Cook pasta according to packet directions and drain.
2. Heat oil in a saucepan, add onion and garlic and cook until soft.
3. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
4. Add tomatoes, lentils, herbs and pepper to vegetables, turn up the heat and simmer for 5 minutes.
5. Remove from heat and serve over pasta. Sprinkle with cheese

Tip: Use up whatever fresh or frozen veggies you have in this sauce. Pumpkin, eggplant, and green beans all work well.

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