

Tomato Lentil Pasta Sauce



Bialik College Kitchen Garden Program

Ingredients:

- ☐ 2 tablespoons olive oil
- ☐ 1 onion, finely chopped
- ☐ 1 carrot, peeled & grated
- ☐ 2 sticks of celery, finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 800g can chopped tomatoes
- ☐ 200g cooked red lentils

Equipment:

- ☐ chopping board
- ☐ knife
- ☐ grater
- ☐ saucepan
- ☐ wooden spoon

Method:

1. Heat olive oil in a saucepan over low heat. Add onion, carrot & celery and cook, stirring occasionally for 5 minutes until softened
2. Add garlic, cumin, tomato paste, tomatoes and 1/2 cup water. Bring to the boil and simmer for 10 minutes.
3. Add lentils and cook for a further 5 minutes. Season with salt/pepper.
4. Cook pasta and drain and pour over sauce. Sprinkle with feta and serve.