

Lenticchia

Ingredients

6 tomatoes diced small
2 onions sliced
4 cloves garlic minced
Olive oil 2 big glugs (optional)
Mix of dried basil, oregano and thyme – I used 1 tsp of each (can definitely use fresh herbs)
Salt and pepper
Chilli (optional)
1 large potato diced
2 carrots diced
2 cups cooked lentils
8 Brussels sprouts sliced fine
1 head broccoli cut into florets
½ bunch silverbeet sliced
1 cup dried pastina or 2 cups dried pasta shells

Method

1. If using shells instead of pastina, cook them as per packet instructions.
2. Place the onions, garlic, salt, pepper, herbs (if using dried) and tomatoes in a wok or saucepan with 1 glug of olive oil and simmer for 20 minutes.
3. Add the carrots and 1 cup water and simmer for 5 minutes then add the potatoes and simmer for a further 5 minutes. Add all the green veg and lentils adding more water if needed. If you are using the pastina add this now and cook for a further 10 minutes or until the pastina is cooked adding more water and salt if needed.
4. If using the pasta shells add these now.
5. Serve with a brazil nut Parmesan or other nut or seed sprinkle.
<https://www.veets.com.au/blog/non-dairy-sprinkles>

P.S – the beauty of this recipe is it is a complete protein with the pasta and lentils.



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