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VEGGIE PASTA

Ingredients - FAMILY SIZE 4-6⁺ SERVING

2 med sized carrots
2 lge onions
2-4 cloves of garlic
2 sticks of celery
olive oil enough to fry(2 tbl sps)
2 dried bay leaves
2 x pinches of dried thyme (1/4-1/2 tsp)
6 med sized mushrooms
2 med sized zucchini
420 gm canned lentils (drained)
2 tablespoons tomato purée (passata)
400 ml vegetable stock
1 x 400 g tin of diced tomatoes
350 gm dried pasta (penne/ribbons/regular spaghetti)
grated cheese (vegan cheese for vegetarians)
salt and pepper to taste

taste adjusters

2 tablespoons tomato sauce (ketchup)
1 tsp paprika
1 tsp veggie stock powder
2 tablespoons additional olive oil

Method

- 1 Peel the carrot, onion and garlic, trim the celery and finely chop.
- 2 Heat oil in a large saucepan over a medium heat. Add the chopped carrots - 5 mins later add chopped celery and 5 mins later add chopped zucchini and five mins later add chopped mushrooms stirring often until soft.
- 3 add bay leaves and thyme
- 4 Stir in the lentils, tomato purée and stock, and diced tomatoes.
- 5 Season, reduce the heat to low and pop a lid on. Cook, stirring occasionally, for 30+ minutes, or until the liquid has reduced
- 6 When the lentils and veggies are almost done, cook the pasta according to the packet instructions, until al dente (just cooked and not too soft/over cooked).
- 7 Drain the pasta and stir it through the bolognese sauce. sprinkle grated cheese over the top and serve
- 8 can be put into large serving dish and reheated in the oven

note: taste the veggie dish before combining with the pasta - if to our taste proceed and add the pasta - if you liked the sample made at school then add the taste adjusters at this time