

Fridge-dive pasta

Serves 6

Time to make: 20 minutes

Store in the fridge for 2-3 days or in the freezer for up to 3 months.

This recipe is a great way to use up the vegetables you have in your fridge. Add fresh or dried oregano, basil or other herbs for extra flavour.

Ingredients

- 1 onion
- 1 teaspoons/cloves garlic
- 3-4 handfuls vegetables from fridge (e.g. capsicum, zucchini, broccoli)
- 1 x 500g jar pasta sauce
- 1 x 400g canned lentils
- 1 x 500g packet pasta (e.g. spiral, penne)
- Grated parmesan cheese to serve



Method



1. Wash and chop all vegetables. Finely grate or chop garlic. Drain lentils.



2. Heat oil in pan over medium heat. Add onion and garlic. Cook for 3 minutes until soft.



3. Add chopped vegetables, pasta sauce and drained lentils. Stir well and allow to boil gently for 15 minutes.



4. Cook pasta following the packet instructions.



5. Serve pasta topped with vegetable sauce and grated parmesan on top.

At the end of step 2, add minced beef or chicken if you have it. Cook meat until brown.