

We are ready.....

Broccoli and lentil pasta



Suggested portion

Size for recipe

1-2 years - 170g

3-4 years - 230g

Ingredients - Serves 5

Garlic, peeled	$\frac{1}{2}$ cloves
Onion, peeled	60g (1 small)
Broccoli	65g
Vegetable oil	$\frac{1}{2}$ tablespoon
Canned tomatoes, chopped	200g (1 x 200g can)
Dried mixed herbs	$\frac{1}{2}$ teaspoon
Water	200ml
Red lentils, dried	65g
Cream cheese, full-fat	60g (2 tablespoons)
White pasta, dried shapes	210g

Method

1. To make the tomato sauce, first chop the garlic and onion.
2. Wash the broccoli and break into florets.
3. Heat the oil in a saucepan, add the onion and garlic and soften for 5 minutes.
4. Add the broccoli, tomatoes, mixed herbs, water and lentils and cook uncovered for 12 minutes.
5. Melt the cream cheese by stirring it into the broccoli and tomato sauce.
6. Meanwhile cook the pasta according to the instructions on the pack.
7. Mix the cooked pasta with the broccoli and lentil sauce.