We are ready......

**Broccoli and lentil pasta**

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**Suggested portion**

**Size for recipe**

1–2 years – 170g

3–4 years – 230g

**Ingredients – Serves 5**

**Garlic, peeled** ½ cloves

**Onion, peeled** 60g (1 small)

**Broccoli** 65g

**Vegetable oil** ½ tablespoon

**Canned tomatoes, chopped** 200g (1 x 200g can)

**Dried mixed herbs** ½ 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.