



Buckwheat Pasta with tomato and lentil sauce

If you are looking for a quick, easy meal that the whole family will love, then this recipe is for you. The cooking goes even more smoothly with a small glass of red wine (then add a splash in the sauce). We use the Orgran GLUTEN FREE Buckwheat spirals and the Ceres Organics Tomato Passata.

Serves: 4, Prep time: 00:30, Cook time: 00:30

Instructions

1. Soak the lentils for 2-4 hrs before using them. Then drain the water and give them another quick rinse before using. Soaking the lentils helps neutralise the phytic acid (anti-nutrient that binds up nutrients preventing them from getting absorbed). Then cook the lentils in boiling water for 15min then drain the water off.
2. Put the minced garlic in a saucepan and fry gently on a medium heat until browned. Then add the tomato passata sauce, basil, thyme, and oreganum and stir. Then add the soaked and cooked lentils (plus a splash of red wine if open)
3. In another saucepan add the buckwheat pasta to boiled water and cook until al dente (around 8-9min)
4. Serve up with some shredded spinach, sprouts, and some black pepper. Enjoy.

Ingredients

- 250 grams Buckwheat pasta (9 oz)
- 600 grams Tomato Passata (organic) (1 lb 5 oz)
- 1 cups Lentils (red)
- 2 pinch or to taste Thyme
- 2 pinch or to taste Oreganum Leaf (organic)
- 2 pinch or to taste Basil
- 1 teaspoon Garlic (minced)