



## Wellness bowl with Buckwheat Pasta & extra lentils

Another easy throw together meal using the "California Wellness Bowl" soup range as a base.

**Serves: 4, Prep time: 00:15, Cook time: 00:15**

### Instructions

- 1) Cook pasta as according to directions on packet, drain, add a teaspoon of olive oil to prevent from sticking.
- 2) Add rest of ingredients in a saucepan and simmer for 10min until piping hot.
- 3) Mix in pasta - stir into sauce.
- 4) Serve into four bowls and pour 1 teaspoon of flaxseed oil on top (we use Flax Original - Waihi Bush organic farm)

Enjoy!

### Ingredients

- 400 grams Lentils, Brown lentils in a can (14 oz)
- 250 grams Buckwheat pasta, Spirals (9 oz)
- 1 cups Spinach, Chopped finely
- 1 cups Frozen sweet corn
- 1 teaspoon Ground paprika
- 1.5 cups Tomato Passata (organic)
- 4 teaspoon Oil, flaxseed

