

**Recipe:** Italian man's Lentil and Pasta Soup (V)

Main dish

*Satisfy your taste buds with this bowl of lentils and pasta soup that is infused with natural flavours.*

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4 pax

### Ingredients

- 33 g Alphabet pasta
- 8 g wholemeal pasta, spirals
- 2 teaspoons canola oil\*
- 40 g onion, minced
- 1 small clove garlic, minced □      2 g coriander leaves, finely chopped □
- Ingredients A:
  - 83 g of yellow or red lentils, washed & drained
  - a pinch of salt
  - a pinch of all spices
  - a pinch of cumin seed
- 20 g tomato paste
- 1 teaspoon lemon juice
- 420 ml water



\* Choose products with the Healthier Choice Symbol

**Nutrition Information**  
**(Per serving): 125 g**  
**Energy** 92.7 kcal  
**Protein** 3.8 g  
**Total fat** 1.9 g  
     **Saturated fat** 0.3 g  
**Carbohydrates** 14.8 g  
**Dietary fibre** 4.9 g  
**Sodium** 142.2mg

### Methods

1. Cook the Alphabet pasta and wholemeal pasta as per their cooking instructions to al dente, drained, mix them together and set aside.
2. Heat oil in a sauce pan over medium heat and stir fry onions and garlicks until golden brown.
3. Add coriander and continue to sauté.
4. Add ingredients A and continue to sauté, mixing evenly.
5. Add tomato paste and lemon juice and mix thoroughly.
6. Add water and allow it to cook for about 35 minutes under medium heat.
7. Mix the pre-cooked pasta into the lentils just before turning off the heat. 8. Makes about 6 portions of 125g each

Cost per serving \$0.30

### Tips:

- Do not add the pre-cooked pasta too early into the pot to avoid the pasta getting mushy.

- Although this thick soup is delicious to eat on its own, you could also serve it with wholemeal bread or chapati.