



PASTA BAKE WITH GREEN SALAD

MENU 1 - DAY 3

INGREDIENTS - SERVES 5

Tomato sauce

1 tablespoon oil

800g canned diced tomatoes

1 onion, peeled and chopped finely

2 garlic cloves, peeled and chopped finely

OR 2 teaspoons of jar crushed garlic

4 tablespoons of tomato paste

1 tablespoon of dried mixed herbs

Lentils, pasta & everything else

480g tinned brown lentils, rinsed and drained

400g penne pasta

150g tasty cheese

125g mozzarella cheese, grated

200g cottage cheese

20 fresh basil leaves

Salad

Mix of cos and iceberg lettuce

Cucumber, celery, green beans, carrot, mushrooms, fresh tomatoes, avocado

½ cup olive oil

4 tablespoons of fresh lemon juice OR apple cider vinegar

½ teaspoon of Dijon mustard

Small amount of honey

DIRECTIONS

1. Preheat oven to 180°C.
2. Make tomato sauce: Heat oil in a pan, once warm add the onion and cook until translucent. Add garlic, herbs, tomatoes and tomato paste. Bring to the boil, then reduce the heat and cook at a gentle simmer for 25 minutes.



3. Cook the pasta in a large saucepan of boiling water. Cook for a couple of minutes less than packet instructions. Drain and rinse under cold water. Put the pasta back into the empty pot.
4. Add the lentils, tomato sauce, 100g of the tasty cheese and cottage cheese to the pasta and stir through gently.



5. Pour the pasta into a baking tray, flatten slightly on the top and then sprinkle the remaining tasty cheese and all of the mozzarella over the top.



6. Cover with aluminum foil and cook in the oven for 30 minutes. Remove from oven and increase temperature to 220C. Remove foil, return to oven and cook for another 5-10 minutes until the cheese is golden. Remove from oven and allow to rest for 5-10 minutes. Sprinkle with basil leaves.



To make the salad:

1. Cut up all of the salad ingredients (lettuce and spinach leaves, cucumber, celery, green beans, fresh tomatoes, avocado) and place in a salad bowl.
2. Place the olive oil, fresh lemon juice OR apple cider vinegar, mustard and honey in a small bowl or jug and whisk together. Pour over the salad just prior to serving.