

# Lentil Spaghetti (Vegan)

Feeds 4      Cost £1.40

1 x tin Green Lentils 390g  
1 x jar supermarket meat-free Bolognese Sauce 500g  
1 x supermarket Spaghetti 500g



## Cooker Method

1. Boil water in a large pot.  
Break the spaghetti in half and put in pot.  
Make sure the spaghetti is covered by the water.
2. OPTIONAL Add a pinch or 2 of salt.
3. Stir the spaghetti occasionally.
4. Cook for recommended time on the pack usually 7 to 8 minutes.
5. Meanwhile, drain the green lentils, rinse with cold water.
6. Empty the lentils and tomato sauce into a pot, put on a low heat and stir occasionally while your spaghetti is cooking.
7. Check the spaghetti is cooked.
8. Cook for another couple of minutes if it's not soft enough.
9. Drain the spaghetti.
10. Pour the lentils and sauce onto the spaghetti.
11. Stir and serve!

### *TOP TIP*

*Draining the lentils and mixed veg without a sieve is easily done if you leave the lid in place once open – this will save them escaping! Rinse with cold water and repeat.*

## Microwave Method

1. Boil the kettle for the spaghetti. Break the spaghetti into thirds and put in a microwavable bowl.  
Pour over boiling water until just covered and stir well.
2. Put into microwave and cook on full power for 4 minutes.
3. Remove the bowl and stir the spaghetti.  
Cover (a plate will do), return to the microwave and cook on full power for another 4 minutes.
4. Take the bowl out of the microwave and leave to stand for 2 minutes.
5. Meanwhile, drain the green lentils, rinse with cold water.
6. Empty the lentils and tomato sauce into a bowl, following the heating instructions on the sauce, put in the microwave and stir occasionally.
7. Cook for another couple of minutes if it's not soft enough.
8. Drain the spaghetti.
9. Pour the lentils and sauce onto the spaghetti.
10. Stir and serve!

Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

## ***After you've tried it -- How did you like it?***

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.



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