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Virtuous Broccoli Pasta with Lemony Lentils & Parmesan

Can you hear that? It's the sound of a choir of angels singing you to your supper. Of course, whoever said devils had more fun was clearly mistaken. This virtuous broccoli pasta tastes as good as it is for you. Feeling angelic was seldom so delicious, with tasty lentils, bright lemon, fresh parsley, and Parmesan cheese.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high protein



high fibre

Pantry Items



Olive Oil



Broccoli



Wholemeal Spirals



Brown Onion



Garlic



Lentils



Baby Spinach



Lemon



Parsley



Parmesan Cheese

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2P	4P	Ingredients
1 head	1 head	broccoli, cut into florets
1 ½ tbs	3 tbs	olive oil *
200 g	400 g	wholemeal spirals (<i>recommended amount</i>)
1	2	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	lentils, drained & rinsed
1 bag	2 bags	baby spinach, washed
½	1	lemon, zested & juiced
1 bunch	2 bunches	parsley, finely chopped
½ block	1 block	Parmesan cheese, finely grated

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2530	Kj
Protein	30.9	g
Fat, total	13.8	g
-saturated	3.6	g
Carbohydrate	76.7	g
-sugars	5.4	g
Sodium	219	mg



You will need: *chef's knife, chopping board, wooden spoon, box grater, garlic crusher, colander, oven tray lined with baking paper, large pot, and a medium frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **broccoli florets** in a third of the **olive oil** and place on the prepared oven tray. Season with **salt** and **pepper**. Cook for **20-25 minutes** or until tender and charred on the edges.



3 Bring some salted water to the boil in a large pot. Add the **wholemeal spirals** to the boiling water and cook for approximately **10 minutes** or until “al dente”, stirring regularly to ensure the pasta does not stick. Drain.

4 Heat half of the remaining olive oil in a medium frying pan. Add the **brown onion** and cook for **3 minutes** or until soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **lentils** and **baby spinach** and cook, stirring, for **1-2 minutes** or until heated through. Add the roasted broccoli, a pinch of the **lemon zest** and the **parsley** and stir to combine well. Add the **lemon juice** and season to taste with salt and pepper. Pour the lentil and broccoli mixture into the saucepan with the pasta and **Parmesan cheese** (reserve a little to garnish). Toss to coat well. Drizzle with the remaining olive oil.



5 Divide the pasta between bowls and sprinkle with extra Parmesan cheese. Dig in!



Did you know? Broccoli is high in vitamin C. One cup of chopped broccoli will give you your entire recommended daily intake!