

Pumpkin and Lentil Pasta



Serves	6
Prep time	10 minutes
Cook time	40 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

- 2 cans Lentils (drained and rinsed)
- 1 can Borlotti beans (drained and rinsed)
- 1 tablespoon Nuttalex
- 1-2 Garlic cloves (finely chopped)
- 4 Spring onions (finely chopped)
- 1 Medium Carrot (roughly chopped)
- 100g Butternut pumpkin (peeled and roughly chopped)
- 1 Medium Zucchini (peeled and roughly chopped)
- 1/8 Cabbage
- 1 teaspoon Salt
- 1 teaspoon Citric Acid
- 1-2 tablespoon Brown sugar

Directions

1. Place the carrot, zucchini and pumpkin in a food processor and process to chop into small pieces. Add the cabbage and 3/4 of the beans and process until finely chopped.
2. Melt the Nuttalex in a large saucepan and add the garlic and spring onions. Cook for 2-3 minutes, until soft.
3. Add 500ml of water to the saucepan, then the chopped vegetables, salt, citric acid, brown sugar and whole beans.
4. Bring to the boil then reduce the heat and allow to simmer for 30 to 40 minutes until all the vegetables are cooked, stirring occasionally.
5. Stir through your favourite pasta.



Note

Moderate Salicylates, Low Amines, Low Glutamates.

Thank you to Frilypants at [Real Meals](#) for this recipe's inspiration.