



FAST. EASY. FRESH.

BUTTERY GARLIC VEGETABLE SPAGHETTI WITH CRISPY LENTILS AND FETA

1. Start by brining a small pot of water to a boil. Cook the **lentils** for 6-7 minutes then, drain and pat dry. Add 1 Tbsp. **olive oil** to a pan and heat over medium-high heat. Fry the lentils for 3-4 minutes until coloured. Season with **salt** and **pepper** and then remove from the pan and set aside.

2. Bring a large pot of salted water to a boil. Cut the **tomatoes** in half and thinly slice the **shallot** and **spinach**. Zest the **lemon**. Peel and mince the **garlic** and roughly chop the **parsley**.

3. Add the **pasta** to the boiling water and cook for 7-8 minutes, until al dente. Keep ¼ cup of the cooking water then drain.

4. In the same pan the lentils were in, melt 2 Tbsp. **butter** over medium heat. Cook the shallot for 3-4 minutes and season with **salt** to taste. Add the **spinach** and cook for 1 minute, then add the **capers** and **garlic** and cook for a further minute.

5. To the pan, add the **pasta**, **cooking water**, **tomatoes**, **lemon zest**, **juice of half the lemon**, and the remaining **butter**. Mix and cook for 1-2 minutes then season with **salt** and **pepper** to taste.

6. Add the **parsley** and mix through. To serve spoon the spaghetti into dishes and garnish with the **crispy lentils** and **feta**. Enjoy!

Ingredients (2 Person Serving – 703 Calories Per Serving)

Olive Oil	1 Tbsp.	Garlic	1 Clove
Spaghetti	180 g	Parsley	Small Bunch
Shallot	1	Lemon	1
Grape Tomatoes	15	Feta	40 g
Capers	1 Tbsp.	French Lentils	¼ Cup
Salted Butter	3 Tbsp.	Baby Spinach	40 g
		Salt and Pepper	To Taste



25 Minute Cook Time!