



QUICK VEGGIE LENTIL ZITI-STYLE PASTA BAKE

with Basil and Ricotta



HELLO LENTILS

Though small in size, lentils are a nutritional all-star that is packed with fibre and protein

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 835**



Lentils, canned



Garlic



Onion, chopped



Zucchini



Penne



Tomato Passata



Basil



Ricotta Cheese



Mozzarella Cheese, shredded



Vegetable Broth Concentrate



Italian Seasoning

BUST OUT

- Garlic Press
- Measuring Spoons
- Strainer
- Milk **2**
(2 tbsp | 4 tbsp)
- Grater
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Large Oven-Proof Pan
- Measuring Cups

INGREDIENTS

2-person | 4-person

- Lentils, canned 1 can | 2 can
- Garlic 10 g | 20 g
- Onion, chopped 56 g | 113 g
- Zucchini 227 g | 454 g
- Penne **1** 170 g | 340 g
- Tomato Passata 1 box | 2 box
- Basil 10 g | 20 g
- Ricotta Cheese **2** 100 g | 200 g
- Mozzarella Cheese, shredded **2** ½ cup | 1 cup
- Vegetable Broth Concentrate 1 | 2
- Italian Seasoning 1 tsp | 2 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the ziti). In Step 4, if you don't have an oven-proof pan, transfer the ziti mixture to a 8x8" baking dish (8x13" baking dish for 4 ppl) before assembling and broiling!



1 PREP
Wash and dry all produce.* Mince or grate the **garlic**. Grate the **zucchini**. Drain and rinse the **lentils**. In a medium bowl, combine the **ricotta** and **2 tbsp milk** (double for 4 ppl). Season with **salt** and **pepper**. Set aside.



2 COOK ONIONS
Heat a large oven-proof pan over medium heat. Add a drizzle of **oil**, then the **onions** and **garlic**. Cook, stirring occasionally, until the onions soften, 3-4 min.



3 FINISH SAUCE
Increase the heat to medium-high. Add the **penne**, **broth concentrate(s)**, **passata**, **Italian seasoning** and **2 cups water** (double for 4 ppl) to the same pan. Bring to a boil, then reduce the heat to medium. Cook, stirring often, until the penne is tender and the sauce slightly thickens, 14-16 min.



4 BROIL ZITI
Add the **lentils** and **zucchini** to penne mixture. Stir together, until the lentils are warmed through, 1 min. Season with **salt** and **pepper**. Remove pan from heat, then spoon the **ricotta mixture** over the **ziti**. Sprinkle with the **mozzarella cheese**. Broil in the centre of the oven, until the cheese is golden-brown, 4-5 min. (**TIP:** Keep an eye on it so that it does not burn!)



5 FINISH AND SERVE
Divide the **veggie lentil ziti** between plates. Tear over the **basil leaves**.

OH CANADA!

Saskatchewan grows over 60% of the world's lentils!