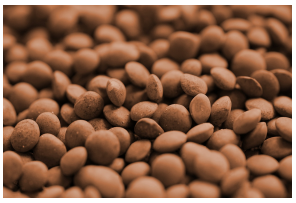
deliciouslyella.com

ONE PAN TOMATO & LENTIL SPAGHETTI
(Serves 2) (Adapted to be oil-free)

"Satisfying and deliciously moreish, this one-pan pasta dish is just the thing for a quick midweek dinner for the whole family. A comforting creamy tomato sauce made with passata and coconut yoghurt, a handful of fresh basil and beluga or Puy lentils for energy-fuellng protein. You can swap the spaghetti for any pasta you have in the cupboard."

1/3 cup sherry, white wine, dry vermouth, water, or veg broth
4 cloves garlic , thinly sliced
1 teaspoon dried red chilli flakes
12.3 fl oz passata or one 15-oz can tomatoes*
One 14 oz can of lentils, drained
Handful of basil, roughly chopped
1/2 lb dried spaghetti
2 tbsp coconut yogurt or other plant-based yogurt
Pinch of salt & black pepper

*Ed. Note: Passata is an uncooked tomato purée that has been strained of seeds and skins. Use it if you can find it, but any kind of canned, frozen or fresh cooked tomatoes should be fine, as long as you have the right volume and amount of liquid.







1. Warm the sherry in a pot large enough to fit the spaghetti without breaking, set over medium heat. Add the garlic and chilli flakes and cook for 4–5 minutes until just golden.
2. Next, pour in the passata or tomatoes, lentils, ⅔ of the basil and a large pinch of salt. Bring to a vigorous bubble, then add the pasta and 1½ cups of boiling water. Give the pan a shake to ensure that the pasta is covered.
3. Cook for 8–10 minutes, stirring occasionally to prevent the pasta from sticking together, until the sauce has reduced by about 1/2 and the pasta is *al dente*. Add water as needed.
4. Stir in the plant yoghurt, then taste to check the seasoning and adjust as needed.
5. To serve, divide the pasta between bowls, add salt and pepper, and scatter over the remaining basil.

Deliciously Ella is a site created by Eleanor Laura Davan Mills, a British food writer and business-woman She started writing "simple, plant-based recipes from her parents kitchen in the hope that changing her diet would improve her health." Ella credits a vegan diet with resolving her digestive issues, chronic fatigue, and chronic pain. Ella is part of Sainsbury family on mother's side (British supermarket chain) and her father is a former Member of Parliament.

The recipes on this site are not oil-free but can be adapted.

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