



Pumpkin, Spinach & Tomato Zoodles

Ingredients

- 2 tsps Vegetable Oil
- 200 g Pumpkin, diced
- 1 Medium onion (150g) onion, thinly sliced
- 400 g Can lentils, drained and rinsed
- 400 g Can crushed tomatoes
- 500 g Zucchini noodles
- 120 g Baby spinach
- 1 pkt MAGGI 3 ways – Rustic Italian Base

Instruction

1. Heat a large frying pan with oil. Add pumpkin and onion; cook on low heat for 10 minutes or until softened. Add lentils, tomatoes, MAGGI 3 ways – Rustic Italian Base and 1/3 cup (80mL) water to pan. Cook for 10 minutes or until thickened.
2. Meanwhile, cook zucchini spaghetti following packet directions. Drain. Add to sauce with baby spinach. Gently toss until baby spinach has wilted. Serve.

Nutrition

Carbohydrates	144.02 g
Energy	707.62 kcal
Fats	6.76 g
Protein	19.18 g

⌚ 35 Minutes

⊕ 4 2 packets of zucchini noodles for 4 servings