



Stir fry lentil pasta

Cooking time:
10 -12 mins

Serves:
1 quarter plate



Expert comments:

- This recipe is an excellent way to replace refined flour (maida) based recipes from our food choices

Additional tip:

- Instead of lentil pasta, you may prefer other high protein and high fiber ingredients like:
 - quinoa pasta
 - multi pulses pasta
 - durum wheat pasta
 - edmame noodles



Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Fibre (g)
7.1	3.5	19.8	149	6.7	512.2	37.9	3.3

