

# Gluten-free Rigatoni with Red Lentil Sauce and Stir-Fried Asparagus



This gluten-free pasta is made with organic red lentils and organic brown rice flour perfect for the wheat intolerant. It also contains more fibre and protein than regular durum wheat pasta.

Lentils are an excellent source of B vitamins including folate, which is thought to prevent the accumulation of homocysteine in the body and thus reduce the risk of heart disease.

Known for their beneficial lycopene, tomatoes make a delicious sauce to combine with the lentils and coat the rigatoni.

They also contain coumaric and chlorogenic acids which work to protect the body from carcinogens including those found in cigarette smoke.

Asparagus is a good source of glutathione which acts as an important antioxidant in the body protecting it against free radicals and is considered to be essential in reducing the ravages of time.

## Key facts:

- Preparation: 10 mins
- Cooking time: 20 mins
- Total: 30 mins
- Serves: 3-4

## Ingredients:

- 20g Spanish organic cold-pressed extra virgin olive oil
- 3 cloves organic Spanish morado garlic
- 1 organic brown onion
- 100g organic red lentils
- 400 ml filtered water
- 400ml organic chopped tomatoes
- ½ tsp French sea salt
- 2 litres filtered water (for the pasta)
- 250g organic gluten-free red lentil rigatoni
- A pinch of salt and little more olive oil
- 1 pkt organic asparagus
- 20g organic butter
- Freshly ground black pepper

## Method:

1. Peel and chop the garlic and brown onion.
2. Stir-fry in a deep saucepan or TM bowl for 6-8 minutes, until fragrant.
3. Add in the water, chopped tomatoes, lentils and salt.
4. Simmer for 20 mins. (If using TM, 98°C, speed 1 reverse)
5. Wash asparagus, trim and peel the tough ends and slice diagonally.
6. In another deep pot bring 2 litres of water to the boil.
7. Add a little olive oil and a pinch of salt to the water.
8. After 10 minutes of lentil simmering, start to cook the pasta for 8-10 minutes.
9. Melt the butter and begin to stir-fry the asparagus until just cooked.
10. Drain the pasta and drizzle a little more olive oil to prevent sticking.
11. Add the lentil sauce to the pasta, portion it out, top with asparagus.
12. Garnish with freshly ground black pepper and serve immediately