

Lentil bolognese pasta



For 4 servings:

500 g pasta, cooked

400 g puy lentils (or brown/green)

2 carrots, finely chopped

1 onion, finely chopped

2-3 garlic cloves, mashed

700 ml tomato passata

2 bay leaves

2 teaspoons oregano

1/2 glas wine

3 tablespoons lemon juice

1 tablespoon olive oil

salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves. Drain.

Stir fry the the onion and the carrots in oil for 2-3 minutes than add the tomato passata, wine and oregano. Cover and simmer on medium heat until the sauce has reduced. Add the garlic, lentils, lemon juice, salt and pepper to taste and cook for another few minutes.

Put the pasta on the plate and add the lentils on top of it. Garnish with fresh basil.

Spaghetti alla puttanesca



Spaghetti alla puttanesca

For 4 servings:

500 g spaghetti

750 ml tomato passata or 750 g ripe tomatoes, finely chopped

5-6 garlic cloves, finely chopped

1 tablespoon capers

100 g black olives

2 teaspoons oregano

fresh chili, finely sliced (or chili flakes), to taste

2-3 tablespoons parsley, finely chopped

1 tablespoon olive oil

salt and pepper, to taste

Cook the spaghetti according to package directions. Drain.

Heat the olive oil in a saucepan and add the garlic. Stir fry for 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce reduces

slightly. Stir occasionally.

Add the capers, olives, chili and oregano. Stir and continue cooking another 5-6 minutes.

Finally add the salt, pepper, spaghetti and mix.

Garnish with parsley.

Pasta alla Norma



Pasta alla Norma

For 4 servings:

500 g pasta (penne, rigatoni, spaghetti, etc.)

2-3 eggplants, sliced □□approx.. 0.5 cm

750 ml tomato passata (or 1/2 kg ripe tomatoes, finely chopped)

1 head of garlic, finely cut

2 tablespoons olive oil

fresh basil, finely chopped (to taste)

salt and pepper, to taste

Cook the pasta according to package directions. Drain.

Grill the eggplant slices on the pre-heated grill, 2-3 minutes on each side.

Heat the olive oil in a saucepan and add the garlic. Stir fry for about 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce has reduced slightly. Stir occasionally.

Add the eggplant slices, salt and pepper and cook for few minutes.

Put the pasta on a plate and add the sauce on top. Garnish with fresh basil.

Spaghetti with cherry tomatoes



Spaghetti with cherry tomatoes

For 4 servings:

500 g spaghetti

1 onion, finely chopped

3-4 garlic cloves, finely chopped
600 g tomato passata
250 g cherry tomatoes
2 teaspoons dried basil
1 tablespoon olive oil
fresh basil
salt and pepper, to taste

Cook the spaghetti as directed on package. Drain.

Stir fry the onion and garlic in oil, for 3-4 minutes. Add the cherry tomatoes, tomato passata and dried basil. Cover and simmer until the sauce has reduced, stirring occasionally.

Add salt and pepper to taste and fresh basil. Mix the sauce with the spaghetti.

Variation: At the end you can add rucola leaves and/or olives.

Pasta salad



Pasta salad

100 g pasta shells
75 g vegan mayonnaise (see recipe [here](#))
2 tablespoons balsamic vinegar / rice vinegar

2 teaspoons mustard
1 teaspoon raw sugar
1 teaspoon curry powder
100 g pickled gherkins, finely chopped
2-3 chives (green onions), finely chopped
salt and pepper, to taste

Cook the pasta as directed on package (the pasta should be soft). Drain and allow to cool. Cut it fine, irregular.

When you prepare the vegan mayonnaise do not add the lemon juice but the vinegar, sugar, mustard and the curry powder.

In a bowl mix the pasta with the vegan mayonnaise, chives (onions) and the gherkins. If needed add some extra mustard, salt and pepper to taste.



Vegan "egg" salad

Pasta salad



Pasta salad

300 g pasta (farfalle)

1 can peas (400 g)

1 can sweet corn (300-400 g)

400 g pickled gherkins, finely diced

1 pickled red sweet pepper, finely diced (optional)

4-5 tbsps. vegan mayonnaise (see recipe [here](#))

salt and pepper

Cook the pasta as directed on package. Drain and leave to cool.

Drain the peas and corn well.

Mix all ingredients. Add salt and pepper to taste (and extra mustard if desired).

Noodles



Noodles

For 4 servings:

1 pack vegan noodles
3 carrots, sliced
1 leek, roughly sliced
300 g green beans, cutted
2 large onions, chopped
two peppers, cubed
1 chilli, finely sliced
5 cm fresh ginger, grated / 3 tsp ginger powder
3 teaspoons coriander powder
7-8 cloves of garlic, finely chopped
5-6 tablespoons soy sauce
3 tablespoons oil
salt and pepper

Cook the noodles as directed on package.

Heat the oil in a wok (a large frying pan). Add the vegetables and stir fry on high heat. Add 2-3 tablespoons of water stirring continuously, for 5-6 minutes. Add the ginger (ginger powder), coriander powder and the garlic. Cook for another 2-3 minutes, stirring continuously. Finally, add the soy sauce, salt and pepper to taste. Mix it with the noodles.

Variation: For this recipe you can use any vegetables (cabbage, peas, celery, cauliflower, broccoli, etc.). You can also add some sesame seeds.

Penne arrabbiata



Penne arrabbiata

For 3-4 servings:

300 g penne

1 kg tomatoes, finely chopped or 2 cans of 400 g, diced tomatoes

1 big onion, chopped

5-6 garlic cloves, diced

fresh chili / chili powder, to taste

1 teaspoon thyme

2 teaspoons oregano

2 tablespoon olive oil

fresh basil (optional)

salt and pepper, to taste

Cook the pasta as directed on the package. Drain.

In a pan, stir fry the onion in the olive oil, for 2-3 minutes. Add the tomatoes / canned tomatoes, the thyme and the oregano. Cook until the sauce is reduced, stirring occasionally, then add the chili, the garlic, salt and pepper to taste and cook for another 2-3 minutes.

Mix with the pasta and garnish with fresh basil.

Variation: You can also add some olives. You can also sprinkle some yeast flakes on top.

Spaghetti con pesto



Spaghetti con pesto

For 4 servings:

500 g spaghetti

See the pesto recipe [here](#).

Cook the spaghetti as directed on package.

Season with pesto sauce and garnish with fresh basil.

Spaghetti a la bolognese



Spaghetti bolognese

For 2 servings:

300 g spaghetti

200 g minced spiced tofu

2 medium carrots, finely sliced

1 bell pepper, finely diced

2 onions, finely chopped

1 stalk celery (optional), finely sliced

1 small can sweet corn (optional)

2 cans diced tomatoes

chili/ chili powder (optional)

2 teaspoons dried oregano

5-6 garlic cloves, finely chopped

fresh basil, finely chopped

2 tablespoons olive oil

salt and pepper, to taste

Cook the spaghetti as directed on package.

Stir fry the onions and the carrots in oil for 2-3 minutes. Add the celery, bell pepper, tomatoes and the oregano. Cover and simmer stirring occasionally. When the sauce is reduced add the minced tofu, sweet corn, chili and the garlic. Cook for another 3-4 minutes. Add salt and pepper to taste.

On a plate spoon the sauce over the spaghetti and garnish with fresh basil.

