



## PANTRY PASTA

**Prep:** 10 min  
**Cook:** 15 min  
**Servings:** 2

### Ingredients

- ▲ 120 g spaghetti or other pasta
- ▲ 1 tsp oil
- ▲ 1 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 1 carrot, grated
- ▲ ¼ zucchini, grated
- ▲ 1 x 400 g can no-added-salt diced tomatoes
- ▲ 1 x 400 g can no-added-salt brown lentils
- ▲ 2 tsp dried mixed herbs
- ▲ pepper, to taste
- ▲ 1 tbs Parmesan cheese

### Method

1. Cook pasta according to packet directions and drain.
2. Heat oil in a saucepan, add onion and garlic and cook until soft.
3. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
4. Add tomatoes, lentils, herbs and pepper to the pan. Turn up the heat and simmer for 5 minutes.
5. Divide pasta between serving bowls, ladle over the sauce and sprinkle with cheese.

For more delicious recipes visit  
[www.livellighter.com.au](http://www.livellighter.com.au)



Government of Western Australia  
Department of Health





## GRILLED FISH WITH SALSA

**Prep:** 10 min

**Cook:** 20 min

**Servings:** 4

### Ingredients

- ▲ 2 corn cobs, husk and silk removed, quartered
- ▲ 2 tomatoes, diced
- ▲ 1 Lebanese cucumber, diced
- ▲ 1 avocado, diced
- ▲ 1 red capsicum, diced
- ▲ ½ small red onion, finely chopped
- ▲ 1 long red chilli, seeded and finely chopped (optional)
- ▲ 2 tbs coriander stalks and leaves, chopped
- ▲ 2 tbs lime juice, plus lime wedges to serve
- ▲ olive or canola oil spray
- ▲ 4 x 120 g firm white boneless fish fillets

### Method

1. Place corn in a microwave-safe bowl with a tablespoon of water.
2. Microwave, covered, on HIGH (100%) for 4 minutes or until just tender.
3. In a medium bowl, combine tomatoes, cucumber, avocado, capsicum, onion, chilli, coriander and lime juice.
4. Heat a griddle or large non-stick pan on medium-high heat.
5. Lightly spray corn with oil and add to the pan. Cook for 5 minutes or until lightly charred, turning frequently. Set aside.
6. Lightly spray fish with oil and add to the grill. Cook for 2-3 minutes each side or until brown and cooked through.
7. Serve fish with corn, salad and lime wedges.