

# Zucchini Pasta with Lentil Bolognese

*A hearty red sauce with lentils and carrots over zucchini noodles! A flavorful, healthy, 30-minute plant-based meal.  
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## Ingredients

### PASTA

- 1 medium shallot (minced)
- 4 cloves garlic (minced. ~2 Tbs)
- 2-3 medium carrots (finely shredded, ~1 cup)
- 1 pinch sea salt (plus more to taste)
- 26 ounces favorite marinara sauce
- 1 pinch red pepper flake
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 Tbsp coconut sugar (for sweetness or sub stevia)
- ½ cup water
- ¾ cup red lentils (rinsed and drained)
- 2 medium zucchini (rinsed and both ends sliced off)
- Vegan parmesan Cheese, red pepper flakes (for serving)



## Instructions

1. Sauté shallot, and garlic. for 2-3 minutes, stirring frequently, adding water if needed for non-sticking, until slightly softened and fragrant. Turn down heat if browning.
2. Add carrots and a pinch of salt and stir. Cook for 3-4 minutes more, then add marinara sauce and stir to coat. Add red pepper flake, basil, oregano, coconut sugar, water, and lentils. Increase heat slightly and bring mixture to a simmer, then reduce heat to low/medium-low and continue cooking until lentils are tender – stirring occasionally – about 17-20 minutes. Add a bit more water if mixture gets too thick. Once lentils are cooked, taste and adjust seasonings as needed, adding more salt to taste, coconut sugar for sweetness, red pepper flake for heat, or herbs for flavor balance.
3. While the sauce is cooking, spiralize your zucchini into noodles. or simply cook up your favorite pasta.
4. Serve the sauce over noodles of choice; garnish with desired toppings –

Sauce will keep in the refrigerator up to 3 days or in the freezer 1 month.