

# TURKISH INSPIRED PASTA

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Creamy, garlicky yogurt pasta, a rich and spiced lentil topping, fresh crunchy veggies and a crispy garlic chilli oil—this dish inspired by **the viral Turkish Pasta** is hearty, fresh and full of flavour in every single bite! It's light but so satisfying and makes for an incredibly refreshing but hearty meal.

**Serving: 1**

**Prep Time: 10 minutes**

**Cook Time: 20 minutes**

## Ingredients:

### Pasta

- 2/3 cup unflavoured curd
- 1 tbsp garlic, minced
- 1 tsp dried mint
- salt to taste
- 1/4 tsp black pepper
- 1 tomato, chopped
- 1 cucumber, chopped
- 1/2 cup cooked pasta

### Spiced Topping (makes 2-3 servings)

- 2 tbsp olive oil
- 7 cloves garlic, chopped
- 1 red onion, chopped
- 1 tsp red chilli powder
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- 1/3 cup tomato puree
- salt, to taste
- 1 cup cooked brown lentils (masoor dal)
- 1/2 tbsp ketchup (or 1/2 tsp sugar or jaggery)
- 5 basil leaves, sliced

### Chilli Garlic Oil

- 1 tbsp extra virgin olive oil (or butter)
- 3 cloves garlic, thinly sliced
- 1 tsp red chilli powder (or paprika)

## Directions:

- In a bowl, mix curd with garlic, dried mint, salt and black pepper until smooth. Add in the cooked pasta, chopped tomatoes and cucumber. Mix everything together so the pasta is evenly coated and set aside.
- Heat up olive oil in a pan and sauté chopped garlic and onions until golden brown and fragrant. Add in the spices and the tomato purée and cook until thicker, the raw smell disappears and sauce smells fragrant.
- Add the cooked lentils and cottage cheese and mix well to coat it all in the sauce. Let it cook until the mixture dries: the flavours fully absorbed by the lentils. Mix in the ketchup for a touch of sweetness to balance the tomatoes and finish with fresh basil.
- Lets plate: add your pasta on a plate as the base, top with the spiced tomato lentils and cottage cheese and now all there's left to do is finish with a quick tempering.
- Heat up a small pan and fry garlic in olive oil until crisp and golden. Turn off the heat, immediately mix in red chilli powder and pour this over the assembled pasta. Serve!!

## Notes:

- If you're looking for something lighter, you can skip the lentil topping and enjoy the creamy curd pasta as a standalone. I've made it with just curd and for added protein and satiation, used boiled chickpeas—this made for a satisfying combination that's simple yet still so delicious.
- Feel free to customise this pasta and make it your own (just like I did!). You can also use cottage cheese for tofu, tempeh or any protein of your choice and use whatever beans or lentils you have on hand.
- The pasta choice is totally up to you. I went for a healthier emmer wheat pasta, but you can use whatever you want!