

Cheesy Lentil Bake

Variation on a recipe by

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Ingredients:

2 carrots, peeled and coarsely grated

1 leek finely chopped

2 cloves of garlic finely chopped

200g dried red lentils

600ml vegetable stock (15g bouillon powder & 600ml hot water)

100g grated cheddar cheese (plus extra for the topping)

150g panko breadcrumbs

Salt and pepper

Heat a drizzle of oil in a large non-stick saucepan. Add the carrot and leek, stir and fry on a medium heat for 5 minutes. Add the chopped garlic for the final minute.

Stir in the red lentils, then add a little stock and bring to the boil. Keep adding the stock a little at a time. Only add more when the stock has been absorbed and stir regularly so it doesn't stick. It should take around 15 to 20 minutes for the lentils to be cooked and the stock absorbed. Pre-heat the oven to 180°C, GM4.

Add the 100g grated cheese and breadcrumbs. Season with salt and pepper and stir until the cheese has melted and the breadcrumbs have disappeared.

Line an oven proof dish with greaseproof paper. Place the mixture in the dish and gently press it down. Sprinkle grated cheese over the top and bake in the oven for 30 minutes. Leave to cool and firm up a little before lifting the baking paper out of the dish and cutting it into slices.