

Turkish Red Lentil and Vegetable Casserole

Recipe by Ceri Morgan
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	184 kj	2%
Energy (kcal)	44 kcal	2%
Fat	1.4g	2%
of which saturates	0.2g	1%
Carbohydrate	5.1g	2%
of which sugars	3.0g	3%
Fibre	1.8g	7%
Protein	1.6g	3%
Salt	0.3g	5%

Generated by Nutritics v5.61 on 22nd Jan 2021

INGREDIENTS: (Serves 4)

2 courgettes, 2 carrots, 1 red and 1 yellow pepper, 2 tbsp extra-virgin olive oil, 1 large onion, chopped, ½ tsp sweet paprika (not smoked), ¼ tsp cayenne pepper, ½ tsp ground cumin, 250g red lentils, 1 litre gluten free vegetable stock (may contain **CELERY**), 2 tbsp tomato puree, 1 lemon – juiced, 2 tbsp fresh mint, finely shredded, salt and pepper

METHOD:

1. Cut courgette, carrots and peppers into 2.5 cm chunks.
2. In a large pot, heat oil over medium-high heat; fry onion until beginning to turn golden, about 4 minutes. Add courgettes, carrots, peppers, paprika, cumin and cayenne. Sauté until vegetables are almost tender, about 10 minutes.
3. Add lentils and cook, stirring, for 2 minutes.
4. Add stock and tomato puree; bring to boil. Reduce heat and simmer, covered, until lentils are soft and almost dissolve into liquid, about 1 hour. Add more liquid if becomes too thick.
5. Sprinkle with mint, lemon juice and stir into the stew to serve.

ALLERGENS



CELERY

MODIFY

For extra greens
Add in chopped spinach leaves
5 minutes before serving
And leave them to wilt

CREDIT

Recipe by: Ceri Morgan
Photo by: vidarbergum.com