

LENTIL AND ROAST VEGETABLE LOAF

Serves 4

Per serving: 258 calories, 4.8g fat

Prep time: 25 mins

Cook time: 40 mins

INGREDIENTS

2 medium onions, finely chopped
2 courgettes, diced
1 small aubergine, diced
1 large red pepper, seeded and diced
175g red lentils
1 X 400g can chopped tomatoes
150ml vegetable stock
2 garlic cloves, crushed
2 teaspoons chopped fresh thyme
2 eggs, beaten
freshly ground black pepper
fresh basil to garnish

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Place the prepared vegetables into a roasting tin, season well with salt and black pepper and bake at the top of the oven for 25 - 30 minutes until lightly roasted.
3. In a saucepan bring to the boil the lentils, tomatoes, stock, garlic and thyme. Simmer for 15 minutes to soften the lentils and allow them to absorb the liquid. Mix the lentil mixture with the vegetables in a mixing bowl, adding the beaten egg.
4. Pour the mixture into a lightly greased 1kg (2lb) loaf tin and stand in a deep baking tray containing 2.5cm (1 in) water. Bake in the middle of the oven for 40 minutes until risen and set. Allow to cool slightly before serving.
5. Just before serving, sprinkle with fresh basil.

Although the loaf can be served straight from the oven, it is best if allowed to cool and set completely and then reheated as required either as a whole or sliced.

