

SMOKY CHEESY LENTIL BAKE

SERVINGS: 6 SERVINGS

TOTAL TIME: 1 HOUR



INGREDIENTS

- 1 Large Onion, chopped
- 5 large cloves of garlic, crushed
- 7 oz of mushrooms, chopped with stems removed
- 2 small red peppers, deseeded and chopped
- 1 small sweet potato
- 1.5 tsp fennel seeds
- 1 tsp dried coriander
- 2 tsp smoked paprika
- 1 tbsp chili powder, swap in additional smoked paprika if you prefer. I use a very mild but smoky ancho powder
- 2 tsp cumin
- 3.5 oz kale or cavolo nero
- 1 cup dried green or brown lentils or 2.5-3 cups if already cooked
- 1 handful of fresh coriander (cilantro)
- 2 cups of grated cheese of your choice
- 1 (14 oz) can of chopped tomatoes

DIRECTIONS

1. Preheat oven to 390 F
2. In a shallow casserole dish, heat a little olive oil and sauté the onions and garlic until softened
3. Add the sweet potatoes and cook for about 5 minutes before adding the peppers and mushrooms. Cook until the mushrooms are reduced and the peppers are soft.
4. Push the vegetables to the sides of the pan to leave a gap in the middle. Add the fennel seeds and a tiny bit more oil, and allow them to toast for a few moments until you can smell them. As soon as they become fragrant, add the remaining spices and mix it all through the vegetables until they are coated
5. Add the kale and mix it through until it starts to reduce a little. If things get sticky in the pan, add a little water to loosen things up.
6. Add the lentils, half the cheese (reserving the rest for the topping) and most of the coriander (reserving a little for the garnish) and mix through.
7. Finally, add the tinned tomatoes and mix through
8. If your pan is not oven safe, you will now transfer the mixture to a casserole dish that can go in the oven.
9. Sprinkle the remaining cheese over the top, cover with foil, and place in the oven
10. Bake for 20 minutes covered, then remove the foil and bake for another 15 minutes