



Spicy Lentil Bake

Enjoy our Spicy Lentil Bake – a comforting meal with a kick!

Ingredients:

For the Lentil Filling:

- 1 cup dried lentils (or 2 cans of lentils, drained & rinsed)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 carrot, grated
- 1 can diced tomatoes (400g)
- 2 tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 1 / 2 tsp cayenne pepper (adjust to taste)
- 1 / 2 tsp chili flakes (optional, for extra heat)
- 1 tsp ground turmeric
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh coriander (for garnish)

For the Mashed Potato Topping:

- 4 large potatoes, peeled and cubed
- 2 tbsp butter (or a dairy-free alternative)
- 1 / 4 cup milk (or a dairy-free alternative)
- Salt and pepper to taste



Method

1. Prepare the Lentils:

- If using dried lentils, rinse them and cook in boiling water until tender (about 15-20 minutes). Drain and set aside.

2. Make the Lentil Filling:

- Heat olive oil in a large pan over medium heat. Add the chopped onion and garlic, and sauté until soft and fragrant (about 3-4 minutes).
- Add the red bell pepper and carrot, and cook for another 5 minutes.
- Stir in the cumin, coriander, paprika, cayenne pepper, chili flakes (if using), and turmeric. Cook for 1 minute until the spices are fragrant.
- Add the diced tomatoes and tomato paste, and stir well. Cook for 5 minutes until the sauce thickens slightly.
- Stir in the cooked lentils, season with salt and pepper, and let the mixture simmer for 10 minutes. Adjust seasoning if needed.

3. Prepare the Mashed Potato Topping:

- While the lentil filling is simmering, boil the potatoes in salted water until soft (about 15 minutes). Drain and return to the pot.
- Mash the potatoes with butter and milk until smooth. Season with salt and pepper to taste.

4. Assemble the Bake:

- Preheat the oven to 180°C (350°F).
- Spread the lentil mixture evenly in a greased baking dish.
- Spoon the mashed potatoes on top, spreading evenly to cover the lentils. Use a fork to create some texture on the surface.
- Bake in the preheated oven for 20-25 minutes, or until the top is golden and crisp. Serve with fresh coriander.



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