

Cheesy Lentil Bake

Ingredients

- 1 tbsp cooking oil
- 2 chopped onions
- 2 chopped carrots
 - 300g red lentils
- 1 minced garlic clove
- 700ml vegetable stock
 - 100g grated cheese
 - 1 beaten egg
- Salt and pepper, to season
- 100g sliced cherry tomatoes
 - 2 tbsp breadcrumbs

Methods

- 1.** Preheat the oven to 180°C/fan 160°C/gas 4.
- 2.** Heat the oil in a large saucepan over medium heat. Add the onions and fry until soft. Add the garlic and cook for an additional minute.
- 3.** Add the carrots, lentils, and stock. Cover the pan with a lid, bring it to a boil, then simmer for about 20 minutes or until all the stock is absorbed.
- 4.** Stir in 75g of the grated cheese and the beaten egg into the lentil mixture, ensuring thorough mixing. Season well.
- 5.** Spoon the mixture into a shallow ovenproof dish and smooth the top. Top it with the sliced tomatoes.
- 6.** Sprinkle breadcrumbs and the remaining cheese over the top.
- 7.** Bake until the topping is golden brown and crisp, approximately 30 minutes.
- 8.** Keep checking to prevent burning.