



LENTIL, SAGE & ONION BAKE

INGREDIENTS

- 160g dried puy lentils
- 1 litre vegetable stock
- ½ onion finely diced
- 2 potatoes, grated
- 2 garlic cloves, minced
- 1 carrot, chopped finely
- 2 tbsp oil
- ½ tsp garlic powder
- 100g breadcrumbs
- 50g grated apple
- 6 tbsp apple sauce
- 1 tbsp mustard
- 1 tsp sage
- 1 egg

DIRECTIONS

- 01** Cook lentil in the veg stock until soft. Drain well and then mash
- 02** Heat oil in pan, add the onion, garlic, garlic powder and carrot and sauté until soft
- 03** Stir in the grated apple, grated potato & apple sauce
- 04** Add breadcrumbs, lentils, sage & mustard, egg and mix well
- 05** Pour mix into lined loaf tin and cook for 60 minutes. Allow to cool for 15 minutes before slicing

SERVINGS

- Serves 10

*Can be frozen in individual slices or portions once cooked and cooled