



Product Spotlight: Red Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!

Ras el Hanout Lentil Bake

The Ras el Hanout spice mix from WA-locals, GH Produce, in this dish brings flavour and warmth to the lentils, which are layered with roasted eggplant and baked with crumbled feta.



35 minutes



2 servings



Vegetarian

25 August 2023

Less dishes?

Want fewer dishes to wash up? Dice eggplant and add to frypan to cook. Add extra water to cover the vegetables. Serve as a stew with crumbled feta on top and a side of fresh watercress.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	27g	57g

FROM YOUR BOX

EGGPLANT	1
BROWN ONION	1
GARLIC CLOVE	1
RAS EL HANOUT SPICE MIX	1 packet
RED CAPSICUM	1
CARROT	1
RED LENTILS	100g
TINNED TOMATOES	400g
FETA CHEESE	1 packet
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, white wine vinegar

KEY UTENSILS

large frypan with lid, oven tray, oven dish

NOTES

If desired, dress the watercress with oil and vinegar or lemon juice.



1. ROAST THE EGGPLANT

Set oven to 220°C.

Cut eggplant into 1cm thick slices. Arrange on a lined oven tray. Drizzle generously with **oil**. Season with **1 tsp cumin, salt and pepper**. Roast for 10–15 minutes until golden brown, turning the slices halfway through.



4. ADD THE FETA & BAKE

Add layers of lentil mix and roasted eggplant to an oven dish. Crumble over feta cheese. Drizzle over **oil**. Bake for 5 minutes until golden brown.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan as you go. Sauté for 3 minutes. Crush garlic clove and add to pan along with spice mix. Sauté for a further minute.



3. SIMMER THE LENTILS

Roughly chop capsicum and grate carrot. Add to pan along with lentils, tomatoes and **1 tin water**. Simmer, semi-covered, for 12–15 minutes until lentils are tender. Season to taste with **1 tbsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Trim watercress (see notes).

Serve lentil bake tableside along with fresh watercress.



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