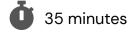






# Ras el Hanout Lentil Bake

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.





4 servings



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

29g

14g 49g

### FROM YOUR BOX

EGGPLANTS	2
BROWN ONION	1
GARLIC CLOVES	2
RAS EL HANOUT SPICE MIX	1 packet
RED CAPSICUM	1
CARROT	1
RED LENTILS	200g
TINNED TOMATOES	2 x 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 eggplants 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 cloves 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 1/2 tins water. Simmer, semi-covered, for 12-15 minutes until lentils are tender. Season to taste with 11/2 tbsp vinegar, salt and pepper.



## 5. FINISH AND SERVE

Trim watercress (see notes).

Serve lentil bake tableside along with fresh watercress.





