



Lentils for Life Cooking Session



Bean, lentil & cheese bake

INGREDIENTS

- 1/2 onion
- 1 small carrot
- 1/2 tbsp oil
- 1 tsp mixed herbs
- 1/2 tin mixed beans
- 75g red lentils
- 250g passata
- cheddar cheese

NOTES

You can use any beans in this
- try mixing different
combinations together.

DIRECTIONS

1. Peel and chop the onion and carrot and fry in the oil for 10 minutes until softened.
2. Add the herbs and stir for another minute.
3. Drain and rinse the beans and add to the pan.
4. Rinse the lentils and add to the pan.
5. Add the passata and 100ml of water.
6. Simmer everything for 5 minutes.
7. Season to taste.
8. Pour everything into an oven proof dish and grate some cheese on top.
9. Bake in the oven at 180°C for 25-30 minutes until the cheese is melted and bubbly.

2 servings
290 kcals/portion
11g Fibre/portion

