



# Lentils for Life Cookbook



Tasty, affordable and nutritious recipes  
for everyone

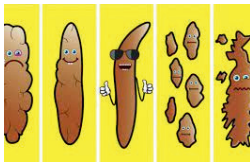
# Why should we eat more Lentils?

Regularly eating more high fibre foods like lentils can help lower your risk of developing the following chronic diseases:

- Type 2 diabetes.
- Heart disease.
- Bowel (colorectal) cancer.
- Obesity.



**Eating more lentils is a positive step towards preventing ill health**



- The fibre found in lentils helps improve digestion and gut function, prevents constipation and keeps bowel habits regular.
- Fibre fuels the good bacteria in your gut which helps boost your health and immunity.

The mix of fibre and protein in lentils means they are digested more slowly and can help you feel fuller and satisfied for longer. This can help with appetite and weight control.



**Plant based proteins are better for us and the environment**

- Eating less meat and more pulses (the edible seeds of legume plants) like lentils, beans and chickpeas is a great way to lower your carbon footprint.
- Everyone eating 30-50 % less meat will help tackle climate change.

**Eating more lentils sets good food foundations for children**

Lentils can be hidden in foods but are also often well accepted by children.



**Lentils are easy to cook with**

- They can be used to make filling, nutritious, tasty and comforting meals.
- They are a budget friendly protein source.
- They are low in fat and calories.
- They can be used as a meat substitute or to bulk out mince based dishes.
- They are easy to access, easy to store and easy to cook.

80g (3 heaped tablespoons) of cooked lentils count once as part of your 5 a day.



**Lentils count as 1 of your 5 a day**

# Easy ways to eat more lentils



Dried red lentils soften during cooking giving a creamy texture. They have a nutty, sweet flavour and are great for adding to tomato based dishes, sauces and soups.

Always rinse dried red lentils in cold water before cooking to get rid of any debris or dust. To cook them, just boil them in water for about 20-25 minutes until they are tender and then drain. You can also add dried red lentils directly to your dish and cook (just remember to add more water, stock or tinned tomatoes as they absorb a lot of liquid).



Tinned green lentils are already cooked and ready to eat - they have a firm texture, a peppery flavour and hold their shape. Just drain and give them a quick rinse before adding to dishes like chilli, cottage pie, stews & curries.



Think of cooked lentils as cooked mince. Whatever you use mince for, you can use lentils instead. Use them to replace mince or to add to mince to bulk out meals. To start with, try adding 2-3 tablespoons of cooked lentils to your mince. Use extra stock or tinned tomatoes as needed to make more sauce. It's likely that nobody (especially fussy eaters) will notice and it will bulk out the meal so you will get a couple of extra portions.

This works really well with dishes like bolognese, cottage pie, chilli & lasagne. People have said this has been a 'game changer' in their households as it helps make meals cheaper, healthier and go further.



Try keeping your dried lentils with a scoop in a container near your hob so you remember to regularly add a scoop to things. Small, regular changes like this can make a big difference to your health!



# Tomato & lentil soup

Super easy with only 3 ingredients

## INGREDIENTS

- 100g red lentils
- 1 tin chopped tomatoes
- 2 tsp Italian herbs

## NOTES

Use the best quality tomatoes you can for this to get the best flavour.  
Can be pureed with a stick blender to a smoother consistency.

## DIRECTIONS

1. Rinse the lentils and add to a pan with 500ml of boiling water.
2. Simmer for 20-25 minutes until the lentils are soft.
3. Add the tinned tomatoes and herbs.
4. Simmer for another 5 minutes.
5. If necessary, add more water to get desired consistency.
6. Season to taste.

2 servings  
200 kcals/portion  
10g Fibre/portion





# Carrot & lentil soup

Warming, comforting and great for kids

## INGREDIENTS

- 1 onion
- 1 large carrot
- 2 cloves garlic
- 2 tbsp oil
- 1 tbsp tomato puree
- 1 tsp cumin
- 1/4 tsp chilli powder
- 2 pints vegetable stock
- 200g dried red lentils

## NOTES

This can be pureed with a stick blender for a smoother texture for kids.

## DIRECTIONS

1. Chop the onion, carrots and garlic and gently fry in oil for 5 minutes.
2. Add the tomato puree, cumin and chilli. Cook for another 2 minutes.
3. Add the vegetable stock and rinsed, red lentils.
4. Cover and cook for 30 minutes.
5. Season to taste.

4 servings  
250 kcals/portion  
11g Fibre/portion





# Spicy coconut & lentil soup

Delicious and indulgent

## INGREDIENTS

1 onion  
1 clove garlic  
1 fresh chilli  
small piece of fresh ginger  
1 tbsp oil  
1/2 tsp cumin  
2 carrots  
80g lentils  
500ml veg stock  
1 can coconut milk

## NOTES

This is nice with 1/2 tsp turmeric added too. This can also be made with tinned green lentils.

## DIRECTIONS

1. Chop the onion, garlic, chilli and ginger and gently fry in oil until the onion softens.
2. Add the cumin, chopped carrots and rinsed lentils and stir for a few more minutes.
3. Add 500ml of veg stock and simmer for about 20 minutes until the lentils and carrots are soft.
4. Add the coconut milk and simmer for another 5 minutes.
5. Season to taste and puree with a stick blender to desired consistency.

2-3 servings  
475 kcals/portion  
10.5g Fibre/portion





# Lentil & bacon soup

An old classic that tastes delicious

## INGREDIENTS

- 6 rashers of smoked bacon
- 1-2 tbsp oil
- 2 onions
- 2 carrots
- 2 sticks celery
- 2 cloves garlic
- 1 tbsp tomato puree
- 1 tsp mixed herbs
- 1 tin green lentils
- 1 tin chopped tomatoes
- 1.5 pints veg or chicken stock

## NOTES

Cutting the bacon up with scissors makes it easier!

## DIRECTIONS

1. Chop/cut the bacon into small pieces and fry in the oil till starting to brown.
2. Chop the onion, carrots and celery and add to the pan. Stir around until they also start to soften and brown.
3. Finely chop the garlic and add this along with the tomato puree and mixed herbs. Cook for a few more minutes.
4. Drain and rinse the lentils and add to the pan with the tomatoes and stock.
5. Put the lid on and simmer for about 20 minutes until the lentils, carrots and celery are soft and tender.
6. Add pepper to taste (no salt needed if using smoked bacon).

4-6 servings  
245 kcals/portion  
8g Fibre/portion





# Simple lentil & rice bowl

A super easy microwave dinner with only 4 ingredients

## INGREDIENTS

- 1/2 stock cube
- 50g red lentils
- 50g basmati rice
- 1 handful of spinach

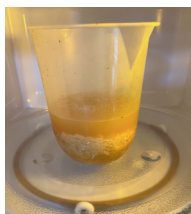
## NOTES

This is lovely and creamy and tastes much nicer than you'd think! It was a top scorer in our taste tests and everyone loved how simple it was to make. Keep some frozen spinach in the freezer so you can make this filling and nutritious meal anytime.

## DIRECTIONS

1. Dissolve half a stock cube in 450ml of boiling water in a microwave safe bowl/jug.
2. Add the rinsed lentils and cook on high for 6 minutes, stirring half way through.
3. Add the rice and cook on high for 10 minutes, stirring half way through again.
4. Stir in the spinach and cook on high for 2-3 minutes until wilted.
5. Season to taste.

1 serving  
345 kcals/portion  
10g Fibre/portion





# Easy & filling pasta sauce

*A great alternative to shop bought sauces*

## INGREDIENTS

- 150g red lentils
- 500g passata
- 500ml stock
- 2 tsp oregano (or dried mixed herbs)

## NOTES

This is a tasty and nutritious sauce that works well with all pasta shapes and spaghetti. You can also make this with tinned tomatoes instead of passata. Batch cook and freeze so you always have some ready for a quick tea. A great way to introduce lentils to kids as they won't know they are there.



## DIRECTIONS

1. Add the rinsed lentils, passata, stock and oregano to a large pan.
2. Bring everything to the boil then cover with a lid and simmer for 20-25 minutes until the lentils have softened.
3. Season to taste for adults but leave it as it is for kids.
4. For a smoother sauce, pulse with a stick blender to the desired consistency.

6 servings  
100 kcals/portion  
5g Fibre/portion





# 3 ingredient microwave dahl

*A super easy Indian classic*

## INGREDIENTS

- 50g dried red lentils
- 1 tin chopped tomatoes
- 2-3 tbsp curry paste

## NOTES

Adjust the amount of curry paste to suit your own taste. Eat on its own or with rice, naan bread or chapattis. Nice also served with yoghurt and mango chutney.

## DIRECTIONS

1. Put the rinsed lentils, chopped tomatoes and curry paste in a microwave safe bowl.
2. Cover the bowl with cling film and microwave for 15-20 minutes until the lentils are soft, stirring every 5 minutes.

1 serving  
360 kcals/portion  
15g Fibre/portion





# 50:50 Mince & lentil bolognese

*Just as tasty but healthier and with 50% less meat*

## INGREDIENTS

- 1 carrot
- 1 onion
- 1 leek
- 2 tbsp oil
- 2 cloves garlic
- 250g beef mince
- 1 x 300g pack mushrooms
- 4 tbsp tomato puree
- 3 tsp mixed herbs
- 1 tin green lentils
- 1 tin chopped tomatoes

## NOTES

Enhance the flavour by adding a few bay leaves and a splash of Worcestershire sauce before simmering. Serve with any type of pasta or on top of a baked potato. You can use 2 sticks of celery instead of a leek.

## DIRECTIONS

1. Chop the onion, carrot and leek and fry in oil for 10 minutes until softened.
2. Add the chopped garlic and mince and cook till the mince is browned all over.
3. Add the sliced mushrooms and cook for 10 minutes until the mushrooms shrink down.
4. Add the tomato puree and mixed herbs and cook for a few more minutes.
5. Add the drained and rinsed lentils, tinned tomatoes and about 300 ml water.
6. Cover and gently simmer for 30 minutes.
7. Season to taste.

6 servings  
212 kcals/portion  
8g Fibre/portion





# 50:50 Mince & lentil cottage pie

*Bulk mince out with low cost lentils to get more portions*

6 servings  
277 kcals/portion  
8g Fibre/portion

## INGREDIENTS

- 1 onion
- 1 clove garlic
- 1 tbsp oil
- 250g beef mince
- 2 carrots
- 3 tbsp tomato puree
- 200g red lentils
- 700ml beef stock
- 2 tbsp Worcestershire sauce
- 160g box instant mash

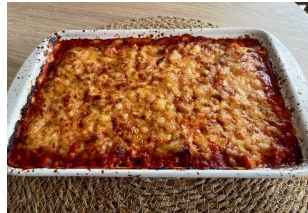
## NOTES

You can easily make your own mash with boiled potatoes mashed with butter and milk. Adding cheese and tomato on top before baking makes this extra tasty.

## DIRECTIONS

1. Fry the chopped onion and garlic in oil until softened, then add the mince and cook until the mince is browned all over.
2. Add the chopped carrots and cook for 5 minutes and then add the tomato puree and cook for a few more minutes.
3. Add the rinsed lentils and stock along with the Worcestershire sauce.
4. Cover and gently simmer for 30 minutes, season to taste then place the mixture in a baking/roasting dish.
5. Make up the mash according to the pack instructions and use to cover the mince & lentil mixture.
6. Bake in the oven 180°C for 25-30 minutes until the mash starts to brown.





# Bean, lentil & cheese bake

*A hearty and filling dinner that scored top in our taste tests*

## INGREDIENTS

- 1 onion
- 1 large carrot
- 1 tbsp oil
- 2 tsp mixed herbs
- 1 tin mixed beans
- 1 tin mixed lentils
- 150g red lentils
- 500g passata
- cheddar cheese

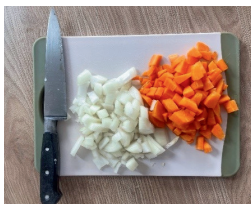
## NOTES

Serve on its own with cooked vegetables/salad and toast/crusty bread. 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 200ml 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.

5 servings  
290 kcals/portion  
11g Fibre/portion





# Lentil & pepper curried rice

*An easy 1 pan dish*

4 servings  
400 kcals/portion  
7g Fibre/portion

## INGREDIENTS

60g dried red lentils  
1 stock cube  
1 onion  
1 pepper  
1 tbsp oil  
4 tsp curry powder  
3 tbsp tomato puree  
300g rice

## NOTES

Add ground turmeric and cumin to enhance the flavour. Nice served with yoghurt and mango chutney.

## DIRECTIONS

1. Rinse the lentils until the water runs clear then soak in 400mls hot water with the stock cube.
2. Chop the onion and pepper and gently fry in the oil until soft.
3. Add the curry powder and tomato puree to the peppers and onions and stir for a few minutes.
4. Add the lentils and stock along with the rice.
5. Add another 500 mls of hot water then cover and simmer for about 20-30 minutes until the rice is tender. Add more water if necessary. All the water should be absorbed to give a risotto type consistency. Stir regularly to stop it sticking.





# Majudara

*A hearty Middle Eastern dish with lentils, rice and crispy onions*

## INGREDIENTS

- 1-2 onions
- 2 tbsp oil
- 1/2 pack brown rice
- 1/2 tin green lentils
- 2 tsp cumin

## NOTES

This is nice served with chopped cucumber in plain yoghurt or hummus, pomegranate seeds & green salad. Use the leftover rice and lentils to make Mexican stuffed peppers.

## DIRECTIONS

1. Slice the onions and fry in the oil over a medium heat until deeply caramelised and crispy. This is the most important step as the darker and crispier the onions are, the more flavour this dish will have. It can take about 30 minutes.
2. Once the onions are dark and crispy, add the rice, drained & rinsed lentils and cumin and cook for a few minutes until everything is warmed through.
3. Season to taste.

2 servings  
310 kcals/portion  
10g Fibre/portion





# Mexican stuffed peppers

*Easy to make, looks impressive and tastes amazing*

## INGREDIENTS

- 1/2 onion
- 1 tbsp oil
- 1/2 pack brown rice
- 1/2 tin green lentils
- 1 pack fajita seasoning mix
- 1 ball mozzarella cheese
- 2 peppers

## NOTES

A whole packet of Fajita seasoning makes these quite spicy so use less if you don't like too much spiciness. Use the leftover rice and lentils to make Majudara.

## DIRECTIONS

1. Chop the onion and fry in the oil until soft.
2. Add the rice, drained and rinsed lentils and fajita mix and cook for a few minutes.
3. Grate the mozzarella and add half to the mix (keeping the other half for later).
4. Cut the peppers in half lengthways and take out the seeds and inside bits to make space for the filling.
5. Spoon the lentil and rice mixture into the peppers and top with the remaining grated mozzarella.
6. Bake at 180°C on a tray in the oven for about 25 minutes or at 180°C in an air fryer for about 20 minutes until the peppers have started to soften and the mozzarella is golden.

2 servings  
450 kcals/portion  
10g Fibre/portion





# Mexican enchiladas

*A great veggie version using tinned beans and lentils*

## INGREDIENTS

- 1/2 tin black beans
- 1/2 tin lentils
- 1 tin chopped tomatoes
- 3-4 tsp Fajita seasoning
- 3 tortilla wraps
- 70g cheddar

## NOTES

The taste and texture of black beans are perfect for this but you can use any tinned beans. Save the leftover beans and lentils to make the super healthy veggie chilli or just double the recipe to make more of these!

## DIRECTIONS

1. Drain and rinse the black beans and lentils and add them to a pan with the tinned tomatoes and fajita seasoning.
2. Simmer everything for about 10 minutes.
3. Divide the mixture down the centre of each of the wraps and carefully roll them up.
4. Place the rolled up wraps in a lightly greased oven proof dish and grate the cheese on top.
5. Bake in the oven at 180°C for about 20-30 minutes until the cheese is melted and the tortillas have started to crisp.

2 servings  
495 kcals/portion  
12.5g Fibre/portion





# Super healthy veggie chilli

Another easy 1 pan dish

4 servings  
155 kcals/portion  
9g Fibre/portion

## INGREDIENTS

- 1 onion
- 1 carrot
- 1 tbsp oil
- 2 cloves garlic
- 1 tsp cumin
- 2 tsp chilli powder
- 1 tin chopped tomatoes
- 1/2 tin black beans
- 1/2 tin lentils
- 1/2 tin sweetcorn
- 1 stock cube

## NOTES

Nice with rice or on a baked potato with cheese. Freezes well so make double and save the leftovers for another day.

## DIRECTIONS

1. Gently fry the chopped onion and carrot in the oil until softened.
2. Add the chopped garlic, cumin and chilli powder and stir for a few more minutes.
3. Add the tomatoes and the drained and rinsed beans, lentils and sweetcorn.
4. Make up the stock and add about 120mls.
5. Simmer everything for about 15-20 minutes until the sauce has thickened slightly.
6. Season to taste.





# Lentil & feta tray bake

*A versatile combination of tasty ingredients*

## INGREDIENTS

- 1 tin green lentils
- 100g cherry tomatoes
- 1 red pepper
- 1/2 large courgette
- 2 tbsp olive oil
- 1/2 jar green pesto
- 1 pack feta cheese

## NOTES

This can be served with bread and a green salad. It is also nice served with pasta tossed in the remaining pesto. The cooked lentils go a bit crunchy which add a nice texture to this dish.

## DIRECTIONS

3-4 servings  
490 kcals/portion  
8.5g Fibre/portion

1. Drain and rinse the lentils then sprinkle them on an oven tray along with the cherry tomatoes, chopped pepper and chopped courgette.
2. Drizzle the oil over everything and mix well.
3. Bake in the oven at 190°C for half an hour - turning everything over half way through.
4. Add teaspoons of the pesto and cubes of feta over the cooked mixture and bake for another 15-20 minutes until the feta has started to turn golden.





# Full of goodness lentil bolognese

*A super nutritious meal that will become a family favourite*

6 servings  
195 kcals/portion  
10g Fibre/portion

## INGREDIENTS

- 1 onion
- 2 carrots
- 2 sticks celery
- 1 red pepper
- 2-3 tbsp oil
- 8 mushrooms (~150g)
- 2 cloves garlic
- 200g red lentils
- 2 tins tomatoes
- 1 tsp oregano
- 1 tsp thyme
- 1 stock cube

## NOTES

Add a couple of bays leaves and a splash of Worcestershire sauce for extra flavour. Nice served with grated cheese on top.

## DIRECTIONS

1. Chop the onion, carrot, celery and pepper and fry gently in the oil for 10-15 minutes until softened.
2. Thickly slice the mushrooms and add to the pan.
3. Finely chop the garlic and add to the pan.
4. Cook for 5 minutes to soften the mushrooms.
5. Rinse the lentils and add to the pan along with the tinned tomatoes, oregano and thyme.
6. Dissolve the stock cube in 600ml hot water and add to the pan.
7. Simmer gently for 25-30 minutes until the lentils are soft and tender and the sauce thickens.
8. Season to taste.





# Lentil korma

*A simple mild and creamy curry*

## INGREDIENTS

- 1 onion
- 1 tbsp oil
- 2 cloves garlic
- 250g red lentils
- 360g jar of korma sauce
- 125g spinach

## NOTES

Nice served with rice, naan or chapati. Add chutney for extra flavour. Use a couple of cubes of frozen spinach if you don't have fresh.

## DIRECTIONS

4 servings  
328 kcals/portion  
12g Fibre/portion

1. Peel and chop the onion and fry in the oil until softened.
2. Add the chopped garlic and cook for another few minutes.
3. Add the rinsed lentils, korma sauce and 500ml hot water.
4. Simmer gently for about 25-30 minutes until the lentils are soft and tender. Add more water if needed.
5. Add the spinach and stir through till wilted.
6. Season to taste.





# Lentil shakshuka

*An absolute winner for breakfast, lunch or dinner!*

## INGREDIENTS

- 1 red onion
- 2 peppers
- 1-2 tbsp oil
- 1 tsp chilli powder
- 2 tins chopped tomatoes
- 1 tin green lentils
- 4 eggs

## NOTES

This is lovely served with some hot toast or fresh crusty bread.

You can also use spices such as mixed herbs, paprika, cumin or chilli flakes to suit your own taste preferences. Sprinkle with chopped basil/parsley and feta to make it really special.

## DIRECTIONS

1. Slice the onion and chop the peppers.
2. Heat the oil and fry the onions and peppers until softened.
3. Add the chilli powder, and stir for a few minutes.
4. Add the tinned tomatoes and the rinsed and drained lentils and simmer for 10 minutes.
5. Make 4 wells in the sauce and break in the eggs.
6. Cover with a lid (or make one with foil) and continue to simmer for about 5 minutes until the eggs are cooked through.
7. Season to taste.

4 servings  
245 kcals/portion  
8g Fibre/portion





# Cheese & lentil stuffing roast

*A nice alternative or addition to meat for Sunday dinner*

## INGREDIENTS

- 1 onion
- 25g butter
- 220g red lentils
- 120g cheddar
- 1 slice wholemeal bread
- 1 egg
- 1 tsp mixed herbs

## NOTES

This can be served hot or cold.  
 Use this recipe to bulk out a roast dinner if you only have a small piece of meat. If your cake tin sticks, use a circle of baking paper in the bottom.

## DIRECTIONS

1. Chop the onion and fry in the butter until softened.
2. Gently cook the rinsed lentils in 400mls boiling water until all the liquid has been absorbed.
3. Grate the cheese and the bread (to make breadcrumbs).
4. Combine all the ingredients together and season.
5. Lightly oil a 9" cake tin (or something similar) and fill with the mixture.
6. Bake at 190°C for about 30 minutes until it is golden in colour and feels firm to touch.

4 servings  
 400 kcals/portion  
 11g Fibre/portion





# Coconut, lentil & squash curry

*A delicious curry for special occasions*

4-6 servings  
275 kcals/portion  
10g Fibre/portion

## INGREDIENTS

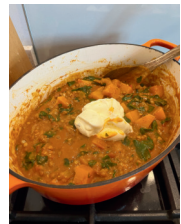
- 1 butternut squash
- 1 onion
- 1 tbsp oil
- 1 tin chopped tomatoes
- 1 tin coconut milk
- 4 tbsp mild curry paste
- 2 tbsp desiccated coconut
- 1 tin green lentils
- 200g bag spinach

## NOTES

Use light coconut milk if possible. Add a couple of tbsp of Greek yoghurt or coconut yoghurt at the end if you like a creamier curry.

## DIRECTIONS

1. Peel and chop the butternut squash into bitesize chunks.
2. Place on a plate with 3 tbsp water. Cover with clingfilm and microwave on high for 12 minutes.
3. Chop the onion and fry in the oil until softened.
4. Add the tomatoes, coconut milk, curry paste and desiccated coconut.
5. Add the drained and rinsed lentils and the microwaved butternut squash cubes.
6. Simmer everything gently for about 15 minutes so the sauce thickens slightly.
7. Add the spinach and stir through till wilted then simmer for a few more minutes.
8. Season to taste.





# Misir Wat

*Ethiopian spiced red lentils*

## INGREDIENTS

- 1 onion
- 1 tbsp olive oil
- 1 tbsp Berbere spice
- 4-5 cloves garlic
- 170g red lentils
- 750ml water
- 1/2 tsp salt

## NOTES

Berberé is a fiery and aromatic spice blend used in Ethiopian and Eritrean cooking. It can be found in international food shops or online.

Misir Wat is typically served alongside other dishes on Injera (a traditional Ethiopian flatbread).

## DIRECTIONS

1. Finely chop the onion and fry in the oil until softened.
2. Add the Berbere spice and stir until the onions are well coated with the spice.
3. Add the garlic and cook for 5 more minutes to blend all the flavours. Add a little water to soften the mixture if necessary.
4. Add the rinsed lentils, salt and 750ml water.
5. Cook until the lentils are soft, adding more water if necessary. The consistency should be like a thick stew.

4 servings  
180 kcals/portion  
9g Fibre/portion





# Cheesy veggie burgers/nuggets

*Tasty, nutritious and great for kids*

## INGREDIENTS

- 150g red lentils
- 1 medium carrot, grated
- 1 small courgette, grated
- 2 slices of wholemeal bread (or 60g breadcrumbs)
- 50g frozen peas
- 75g cheddar, grated
- 1 tsp dried mixed herbs (optional)

## NOTES

These are packed full of veg and make a great snack or alternative to chicken nuggets for kids. They work best cooked in an air fryer as they hold their shape. If you cook them in the oven they tend to go a bit flatter and more like a patty - still delicious though!

## DIRECTIONS

1. Boil the rinsed lentils for 20-25 minutes until soft.
2. Drain the lentils and mix with the grated carrot, grated courgette and the breadcrumbs (you can use the grater to grate the bread too).
3. Add the peas, cheddar (and the herbs if you want to include these).
4. Using a spoon or your hands make 8 balls from the mix to make burgers or 16 sausage shapes for nuggets.
5. Bake on a greased tray in the oven at 180°C for about 20 minutes or in the air fryer at 180°C for 15-20 minutes until firm and golden brown.

Makes 8 burgers  
(or 16 nuggets)  
125 kcals/portion  
4.5g Fibre/portion





# Spicy sausage, bacon & lentil stew

*An easy family favourite*

## INGREDIENTS

- 8 sausages
- 4 rashers smoked bacon
- 1 large onion
- 1 large carrot
- 1-2 tbsp oil
- 2 cloves garlic
- 1 tsp chilli powder
- 2 tins chopped tomatoes
- 1 tin lentils
- 1 stock cube

## NOTES

Adjust chilli powder to taste.  
Goes well with cheesy mash.  
Serve with peas or sweetcorn  
for extra veg.

## DIRECTIONS

1. Cook the sausages and bacon until nicely browned (use an air fryer or pan for this).
2. Peel and chop the onion and carrot and fry in the oil until softened. Add the chopped/crushed garlic and stir for a few more minutes.
3. Chop up the cooked sausages and bacon and add to the pan with the chilli powder. Stir for a few minutes.
4. Drain and rinse the lentils and add to the pan along with the two tins of tomatoes.
5. Make up half a pint of stock and add enough to loosen everything and make a nice sauce
6. Cover and gently cook for 30 minutes adding more stock if necessary to get desired consistency.

4 servings  
495 kcals/portion  
11g Fibre/portion





# Nutty lentil loaf

*Lovely hot or cold with vegetables or salad*

## INGREDIENTS

- 1 onion
- 1 large carrot
- 1 stick celery
- 1 tbsp oil
- 2-3 cloves of garlic
- 200g red lentils
- 1-2 tsp smoked paprika
- 1 vegetable stock cube
- 1 pack of stuffing mix (170g)
- 3-4 large tbsp crunchy peanut butter

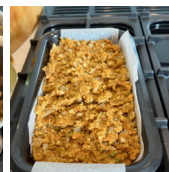
## NOTES

Wrap any leftover slices in cling film and freeze for another day.

## DIRECTIONS

1. Finely chop the onion and celery, grate the carrot and fry all 3 in the oil until softened.
2. Add the garlic and fry for a few more minutes.
3. Add the rinsed lentils, paprika, stock cube and enough water to just cover everything.
4. Simmer gently for about 20 minutes until the carrots, celery and lentils soften.
5. Add the stuffing mix and peanut butter and stir to combine. Season to taste.
6. If the mix seems too dry just add a little more water.
7. Put the mix in a lined loaf tin and bake in the oven at 180°C for about 30 minutes.

5 servings  
435 kcals/portion  
12.5g Fibre/portion





# Wholesome spiced lentil stew

*A creamy and filling one pan winter warmer*

## INGREDIENTS

2 onions  
3 sticks celery  
2 carrots  
2 cloves garlic  
1 tbsp oil  
3 large potatoes  
2 stock cubes  
250g dried red lentils  
1 tbsp curry powder

## NOTES

Adjust the amount of curry powder to taste. Nice served with yoghurt and mango chutney

## DIRECTIONS

1. Chop the onion, celery, carrots and garlic and gently fry in oil for 10-15 minutes.
2. Peel and chop the potatoes into chunks and add to the pan.
3. Add the stock cubes dissolved in 1000 mls of boiling water and stir in the rinsed lentils and curry powder.
4. Cover and gently cook for about 30 minutes until the veg is soft.
5. Season to taste.

6 servings  
290 kcals/portion  
12g Fibre/portion





# Lentil wraps

*A bit tricky to make but worth a try!*

## INGREDIENTS

150g red lentils  
360 ml veg stock  
1 tsp smoked paprika  
oil for frying

## NOTES

You need a decent frying pan and plenty of patience to make these!

They can be made plain without the paprika or with other flavourings such as chilli or garlic powder.

## DIRECTIONS

Makes ~ 6  
80 kcals each  
4.5g Fibre each

1. Rinse the lentils then put them in a bowl with 360mls of hot vegetable stock and the paprika.
2. Leave to soak overnight (or for at least 5 hours).
3. Blend the mix of lentils and water with a stick blender until smooth.
4. Heat some oil in a frying pan and pour enough batter into the pan to form a circle. Don't try to swirl around, just let the batter settle itself.
5. Cook for 3-4 minutes until almost cooked right through then gently start to lift the edges.
6. Once confident it is firm enough to turn, flip it over and cook for a few more minutes until nicely browned on both sides
7. Add a little more oil to the pan between each one if necessary.



# More Information on Dietary Fibre

## What is dietary fibre?

Dietary Fibre is a carbohydrate found naturally in plants (fruits, vegetables, grains, beans, nuts & seeds). It can't be fully digested or absorbed and passes relatively unchanged through our stomach and intestines.

## How much do I need?

Children from age 2	15g per day
Primary school age children	20g per day
Secondary school age children	25g per day
Adults	30g per day

## What else can I do to increase my dietary fibre intake?

- ✓ Choose higher fibre bread, breakfast cereals, rice & pasta.



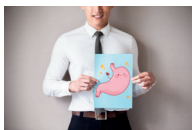
- ✓ Eat as much fruit and veg as possible. Fresh, frozen and tinned fruit (in natural juice) and veg are all fine. Leave the skins on whenever you can (especially with potatoes).



- ✓ Eat more beans (kidney beans, black beans, butter beans etc.), chickpeas, lentils and peas.
- ✓ Try and include nuts & seeds and dried fruit in your diet.
- ✓ Look on food packaging and choose foods with a high fibre (6g/100g) or a source of fibre (3g/100g) label.



## Will eating more dietary fibre upset my bowels and give me wind?

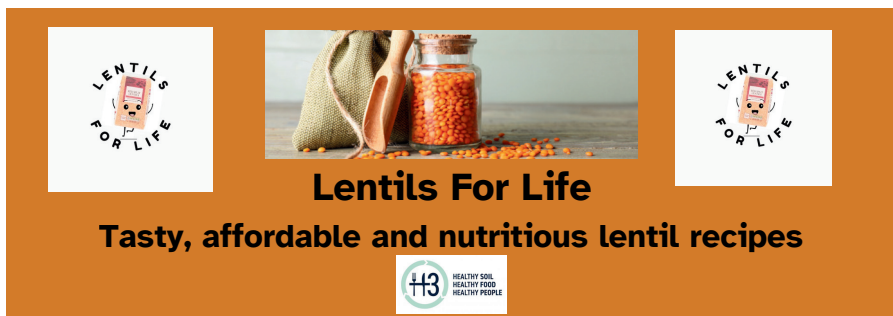


It's best to increase the amount of dietary fibre in your diet gradually to allow your gut to adapt. Introducing too much too quickly may cause cramping, bloating, constipation and wind.

Drink plenty of water (at least 6-8 glasses/day) to help prevent dehydration and constipation. If you suffer with inflammatory bowel disease you may want to have a chat with your GP before increasing the dietary fibre in your diet.



Please join our Facebook group and share your experiences of using the Lentils for Life cookbook. It would be great if you could share your own favourite lentil recipes here too.



Your feedback on this cookbook is really valuable to us so please use this QR code to access a short feedback questionnaire.



We would like to thank all the staff and members at LS14 Trust Food Pantry, Seacroft, Leeds for their help and support in the creation of this recipe book.

Further copies of this recipe book are available to download free of charge from the H3 project website.

<https://h3.ac.uk/publications/#other-outputs>



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