



## Coconut & Lentil Soup - Serves 4

### Ingredients:

- 275g/10oz red lentils
- 600ml/20fl.oz. water
- 1 small red onion, finely chopped
- 1 garlic clove, finely chopped
- 1 teaspoon freshly chopped ginger
- 50g/2oz freshly grated coconut
- 180ml/6fl.oz. Milk
- 1 teaspoon curry powder

### Method:

1. Place the lentils and water in a medium saucepan and bring to a boil over a medium heat.
2. Add the onion, garlic, and ginger, mix well then cover and simmer for 30 minutes, or until lentils are tender.
3. Place the coconut and milk in a food processor or liquidiser and blend until smooth and thick.
4. Add the coconut mixture to the pan together with the curry, mix well and continue to cook for a further 10 minutes. Serve hot.

## Sausage & Lentil casserole - Serves 6

### Ingredients:

- 2 tablespoons olive oil
- 2 medium red onions, peeled and cut into wedges
- 2 cloves garlic, peeled and finely sliced
- 1 x 250g pack mushrooms, halved
- 60ml red wine
- 200g green lentils
- 300ml vegetable stock made with 1 vegetable stock cube
- 1 x 400g tin chopped tomatoes
- 1 pack x 400g pork chipolatas
- Freshly ground black pepper
- 2 tablespoons fresh parsley, chopped

### Method:

1. Heat oil in a large pan, add sausages and fry for 10 minutes until brown on all sides. Once golden, remove from the pan and set aside.
2. Add onions, garlic and mushrooms to the pan and sauté gently until they are soft.
3. Increase heat and add the red wine. Reduce liquid by half, add lentils and stir to coat.
4. Stir in tomatoes and boiling stock and reduce the heat, cover pan and simmer for 20 minutes, top up with water if necessary.
5. Add sausages and simmer for another 10 minutes.
6. Season well with salt and pepper and garnish with fresh parsley.

## Lentil Lasagne - Serves 6

### Ingredients:

- 250g/9oz Red Lentils
- 2 tbsp Olive Oil
- 1 Onion, chopped
- 2 Garlic Cloves, crushed
- 1 Green pepper, chopped
- 1 x 400g/14oz tin Chopped Tomatoes
- 420ml/14 fl.oz. Vegetable Stock
- 150ml/5 fl.oz. Red Wine
- 2 tbsp Tomato Purée
- 1/2 teasp Dried Oregano, 1/2 teasp Dried Thyme, 1 Bay Leaf
- Salt and Pepper
- 125g/5oz Lasagne
- 25g/1oz Butter
- 25g/1oz Plain Flour
- 300ml/10 fl.oz. Milk
- 100g/4oz Mature Cheddar, grated & 50g/2oz Cheddar, grated (for the topping)

### Method:

1. Preheat the oven to 200C, 400F,
2. Heat oil in a pan, fry the onion for 10 minutes. Add garlic, lentils, pepper, tomatoes, bay leaf, stock and wine, bring to boil and simmer for 45 minutes.
3. Add tomato puree and herbs, continue to simmer whilst you cook the lasagne and cheese sauce.

### Lasagne:

4. Bring a large pan of salted water to the boil, add the lasagne and cook until tender.

### Cheese sauce:

5. Melt 25g/1oz Butter in a saucepan. Add flour and cook for 1-2 minutes. Remove from heat and add milk, little by little, stirring all the time. Return to the heat and cook until sauce thickens. Remove from the heat and stir in the grated cheese, salt and pepper.
6. Drain the lasagne and rinse under cold water. Drain again. Remove the bay leaf from the lentil mixture and start layering the lentils in the bottom of the greased dish, place a single layer of lasagne on top and some cheese sauce. Continue layering in this way ending with a layer of lasagne.
7. Pour over the cheese sauce, sprinkle with the remaining grated cheddar and bake in the oven for 40 minutes until golden brown.