

Baked Lentils

Serves 8

- 370 g dried brown lentils
- 70 g chopped onions
- 1 stalk diced celery
- 75 g chopped carrots
- 58 g chopped mushrooms
- 2 T olive oil
- 3 T all-purpose flour
- Small can (120 ml) tomato juice
- 350 ml vegetable broth
- ¼ tsp dried basil
- ¼ tsp ground thyme
- 1 T fresh parsley, chopped
- Salt and pepper to taste
- 15 g panko
- 30 g parmesan cheese



1. Preheat oven **190°C**
2. Cook lentils in 2 liters of boiling water until barely tender (**about 30-40 minutes**) (Red lentils take only about 15 minutes). Drain.
3. While lentils are cooking, sauté **vegetables** in **olive oil** over **low heat** until tender.
4. Stir in **flour** and **cook one minute**, stirring constantly.
5. Whisk in **vegetable stock** and **tomato juice**; bring sauce to boil
6. Remove from heat and season to taste with **salt, pepper** and **herbs**.
7. When lentils are cooked, drain and stir into sauce. Spread in a shallow pan (oiled beforehand). Sprinkle with **panko** and **parmesan**
8. **Bake for 40 minutes**.