

# FLEXING LENTILS



## RECIPE:

# Vegetable and Speckled Lentil Bolognaise

**SERVES: 10**

## INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03435	Ambient	Everyday Favourites Extended Life Vegetable Oil - Polybottle	20ml	4x5ltr
01623	Frozen	Everyday Favourites Diced Onions	100g	10x1kg*
01456	Ambient	Everyday Favourites Garlic Purée	20g	6x475g*
82850	Frozen	Everyday Favourites Diced Carrots	100g	4x2.5kg*
70393	Ambient	Everyday Favourites Italian Seasoning	2g	6x180g*
17576	Ambient	Everyday Favourites Chopped Tomatoes	600g	6x2.5kg
05636	Ambient	Tomato Purée	20g	12x400g
76743	Ambient	Dark Speckled Lentils	120g	4x3kg*
04192	Ambient	Everyday Favourites Vegetable Bouillon Mix	(20g) 750ml	1x2kg

**Prep Time: 5 mins**

**Time to cook: 25 mins**

### Method:

#### **For making the bolognaise:**

- Heat the oil in a large pan, then add the diced onion, garlic and diced carrot.
- Cook for 3 minutes
- Add the Italian herbs, chopped tomatoes and tomato purée.
- Cook for 2 minutes
- Place the lentils into the pan and add the hot stock
- Allow to simmer for 20 minutes until the lentils are cooked and soft when pressed
- Check seasoning and serve



## RECIPE:

# Kitchouri

**SERVES: 10**

## INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
01587	Chilled	Everyday Favourites Salted Butter	60g	40x250g
75375	Chilled	Red onion	200g	1 x 1kg
46574	Ambient	Everyday Favourites Garlic Puree	10g	6x1kg*
75442	Chilled	Celery	30g	1 x 1kg
70299	Ambient	Everyday Favourites Ground Turmeric	6g	6x550g*
70369	Ambient	Everyday Favourites Garam Masala	2g	6x405g*
75305	Chilled	Red Chillis	20g	1 x 250g
75256	Chilled	Coriander	20g	1 x 100g
53325	Ambient	Everyday Favourites Easy Cook Basmati Rice	250g	1x5kg
76737	Ambient	Green Lentils	250g	4x3kg*
04192	Ambient	Everyday Favourites Vegetable Bouillon Mix	25g (1 litre)	1x2kg

**Prep time: 10 mins**

**Time to cook: 20 minutes**

### Method:

#### For making kitchouri:

- Melt the butter in a large pan, then add the diced onion, garlic puree and thinly sliced celery
- Add the turmeric, Garam masala, finely diced chili, cumin seeds and coriander
- Cook for 1 minute
- Add the rice, green lentils and mix well
- Cook for 3 minutes
- Pour over the vegetable stock and bring to the boil, covering with a tight fitting lid
- Reduce heat and simmer for 20 minutes. Stir occasionally to ensure the bottom does not stick
- After 20 minutes, the lentils and rice should be cooked and soft to touch
- Check seasoning and serve



## RECIPE:

# Red Lentil Moussaka

**SERVES: 10**

## INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03435	Ambient	Everyday Favourites Extended Life Vegetable Oil - Polybottle	100ml	4x5ltr
75389	Chilled	Aubergine	800g	1 x 1
75373	Chilled	Red Onion	200g	1 x 1kg
04505	Frozen	Everyday Favourites Sliced Mixed Peppers	200g	10x1kg*
01456	Ambient	Everyday Favourites Garlic Purée	20g	6x475g*
05636	Ambient	Tomato Purée	100g	12x400g
48576	Ambient	Everyday Favourites Chopped Tomatoes	800g	6x800g
04666	Ambient	Everyday Favourites Vegetable Bouillon Paste	(7g) 250ml	2x1kg*
43255	Ambient	Dried Parsley	3g	6x100g
56614	Ambient	Red Lentils	300g	4x3kg*
04193	Ambient	Everyday Favourites Béchamel Sauce Mix	(120g) 750ml	1x2kg
04285	Chilled	Everyday Favourites Free Range Medium Eggs	2 each	1x60
02637	Chilled	Everyday Favourites Mature White Cheddar Cheese	150g	1x2.44kgmin
70376	Ambient	Everyday Favourites Ground Nutmeg	2g	6x450g*

**Prep time: 15 mins**

**Time to cook: 20 mins**

### Method:

- Gently heat the oil in the pan and seal the sliced aubergine on both sides. Then set to one side
- Add the diced onions and sliced peppers to a pan and cook until tender
- Add the garlic purée, then add the tomato purée, chopped tomatoes, parsley, and vegetable stock, then bring to the simmer
- Then add the lentils and allow to cook for 30 minutes until lentils are tender
- While lentils are cooking make the béchamel as per instructions. Once the sauce is made, add the nutmeg and whisk in 2 eggs when it has cooled a little
- When the lentils are cooked, layer the aubergine, lentil mix and sauce in a oven proof dish, finishing with the béchamel on top
- Grate the cheese and place on top of the white sauce
- Place the dish in a hot oven at 190°C, then cook for 15-20 minutes until cheese is golden and the temperature of the food is 75°C