

Roast Peppers, Tomatoes, & Lentils

Time 55 minutes

Based on a recipe by Nigel Slater

Ingredients (4 servings)

4 pepper
250 g cherry tomatoes
1-2 carrots
1 onion
1 celery stalk
2 bay leaves
2 garlic cloves
2 sprigs of thyme
200 g green lentils
fresh parsley & basil
olive oil
salt & pepper



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Heat oven to 200 degrees celsius, wash and halve peppers lengthwise, remove seeds and place on baking dish or roasting pan. Tuck around them the cherry tomatoes and bake for 40-50 minutes or until they are soft enough to collapse.
2. While peppers and tomatoes cook, peel and dice onion and carrot(s), place in saucepan with 2 tbsp of olive oil and cook over low to medium heat. Finely dice celery and add to pan with bay leaves and peeled/squashed garlic cloves. Add thyme and cook for 10-15 minutes or until veggies are soft and lightly toasted.
3. Add 200 g of green lentils to pan, pour in enough water to cover lentils and veggies (about 500ml). Bring to boil then lower heat and simmer for 20 minutes or until lentils are tender, add a little salt towards the end of their cooking time.
4. Once cooked, remove peppers from the oven, place in a shallow bowl and cover, leave them for 10 minutes to loosen the skins then peel and slice, and place on a dish. Chop tomatoes and add to the peppers along with any roasting juices from the pan (scrape every drop of juices from the pan).
5. Once cooked drain the lentils and stir in olive oil, chopped parsley & basil, then add the peppers, tomatoes, and all the juices. Divide into four servings and enjoy!