

# Red lentil bake

## Ingredients

200g red lentils  
1 red pepper  
100g reduced fat Cheddar cheese  
Small bunch parsley  
1 egg  
2 x 15ml spoon (2 tablespoons) low fat plain yogurt  
Black pepper



**Serves 2**

## Equipment

Saucepan, colander, chopping board, knife, grater, measuring spoons, bowl, mixing spoon, non-stick baking dish.

## Method

1. Preheat/reheat the oven to 180°C, gas mark 4.
2. Boil the lentils until cooked, about 15 minutes.
3. Drain the lentils.
4. Prepare the ingredients:
  - deseed and finely chop the pepper;
  - grate the cheese;
  - chop the parsley;
  - crack the egg into a bowl and beat.
5. Mix all the ingredients together and pour into a non-stick baking dish.
6. Bake for 40-45 minutes, until golden.

## Eat well for you and the planet! Top tips

- Focus on fibre – serve with a wholemeal roll, flat bread or chapatti.
- Add extra vegetables, such as frozen peas or mushrooms.
- Vary your protein – try using a can of beans instead of lentils, such as butter, pinto, cannellini, or black beans. There is no need to pre-cook canned beans. Just rinse and drain, and then mix with the other ingredients.
- Reduce food waste – add any leftover vegetables to this dish to use them up!

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