






Cooking Made Easy

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Middle Eastern Spiced Lentil and Feta Tart

This spiced lentil tart is a great combination of earthy, sour, salty and sweet, with an extra zing from the lemon and chilli. It's a great vegetarian way to explore the flavours of the Middle East and the earthy colours are perfect for tonight's autumn meal!

 40 min

 veggie

 spicy



Onion



Garlic Clove



Puff Pastry Sheet



Ground Cumin



Cinnamon



Chilli Flakes



Organic Lentils



Lemon




Feta Cheese



Vegetable Stock Pot

Ingredients

	2P	4P
Onion, sliced	1	2
Garlic Clove, chopped	2	4
Puff Pastry Sheet 1, 2, 3	1 sheet	2 sheets
Ground Cumin	½ tbsp	1 tbsp
Cinnamon	½ tsp	1 tsp
Chilli Flakes	½ tsp	1 tsp
Organic Lentils	1 tin	2 tins
Vegetable Stock Pot 4	½	1
Lemon	½	1
Feta Cheese, crumbled 2	50g	100g

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Egg | 2) Milk
3) Gluten | 4) Celery

Nutrition per serving: Calories: 632 kcal | Protein: 25 g | Carbs: 60 g | Fat: 31 g | Saturated Fat: 10 g



1 Pre-heat the oven to 200 degrees. While the oven is heating, peel and thinly slice the onion into halfmoons. Peel and finely chop the garlic. **Tip:** *To slice the onion into halfmoons, cut down the middle through the root and peel off the outer layers. Put the onion cut side down and trim off the tip. Using the root end to hold onto, slice the onion as thinly as possible.*



2 Put a piece of greaseproof paper on a baking tray and lay the sheet of puff pastry flat on the tray. With a sharp knife, cut the pastry sheet into two equal pieces and score a 1cm border around the edges of each piece of pastry, making sure not to cut right through the pastry. **Tip:** *It's important not to cut through the pastry. By scoring a border in the pastry, the edges will be free to rise while the base will stay flat, weighed down by the lentils when you add them later.* Brush the borders with some milk (if you have it) and bake in the oven for 10 mins, until the pastry is starting to puff and colour. Remove from the oven and set aside.



over medium-low heat. Add the spices (cumin, cinnamon, chilli flakes and a good grind of black pepper) and cook, stirring constantly, until fragrant – about 1 minute. Add the onion and garlic and continue to cook until softened, for about 5 mins. **Tip:** *If the mixture starts to catch, add a splash of water.*

4 Drain and rinse the lentils. When the onion and garlic are soft, add the lentils, half the stock pot and 100ml water, stir to combine and cook for 10 mins (or longer, basically until the liquid evaporates!).



3 While the pastry is baking, heat ½ tbsp of olive oil in a frying pan

5 While the lentils are cooking, juice and zest half the lemon. **Tip:** *Make sure to only remove the yellow zest, not the white pith underneath - it's very bitter!* Add this to the lentils, along with ¼ tsp of salt and a good few grinds of black pepper if needed.

6 Turn the heat off and spoon the lentil mixture into the pre-cooked pastry cases. Crumble over the feta cheese. Return to the oven and bake until the pastry is golden brown, about 15 mins. Enjoy!