

SEASONAL LENTIL STEW

Serves
4-5

Prep time
10 minutes

Cooking time
45 minutes

INGREDIENTS

- 1 small/ half large onion
- 1 large carrot/2 small
- 1 stick of celery
- 2 garlic cloves
- 2 tbsp cooking oil
- 1-2 potatoes
- 1 can chopped tomatoes
- 1 can green lentils/ 150g dry green lentils soaked for 2-12 hours*
- 2 tsp cumin
- 3 tsp mixed dried herbs
- 1 tsp smoked paprika
- 1/2 tsp dried chilli flakes (optional)
- 1 tbsp marmite**
- 1 vegetable stock cube
- 450ml boiling water
- 2-3 handfuls of kale

Variations:

- Instead of white potatoes, you can use other seasonal vegetables like sweet potato, swede or squash.
- If you don't have kale, you can use spinach or another type of cabbage or seasonal greens

EQUIPMENT

- Chopping board
- Sharp knife
- Large saucepan with lid
- Wooden spoon
- Teaspoon
- Table spoon
- Immersion blender (optional)
- Jug

METHOD

1. Start by preparing the ingredients. Dice the the onion, carrot, celery and garlic. Chop the potato(es) into small cubes of the same size. Prepare the stock by mixing the stock cube with 450ml of boiling water.
2. Heat your saucepan over medium heat, add the oil and once hot add the vegetable you have just prepared, except the potato. Let cook until browning, stirring occasionally.
3. Once the vegetables are soft and starting to brown, add the spices and herbs and let cook for a couple of minutes, stirring so the spices don't burn. Then, add the tomatoes, the stock, and the marmite, and bring to a boil.
5. Once bubbling, turn the heat down, add the potatoes and let simmer for 15-20 minutes, stirring occasionally so it doesn't stick. If it starts getting thick, add a splash more water.
6. When the potatoes are almost cooked through, add the lentils including the water. Cook for a few minutes to warm through. At this point, if you want a creamier finish, spot blend the stew for a few seconds. You still want the texture to be quite chunky. Finally, add your chopped kale or greens, and let cook for 5 minutes until wilted.
7. Taste the stew and adjust the seasoning according to your taste. The marmite and water from the lentils will already have salt, so you might not need any extra. When you're happy with the seasoning, serve with a side of bread, and enjoy!

Notes:

* If using dry lentils, soak for as long as possible, then add to the stew along with the potatoes and cook for 15-20 minutes. Add more water if needed.

** Marmite is a key ingredient in making this stew taste more meaty. If you don't like marmite, trust the process! If you're allergic, use tomato puree or some balsamic vinegar instead.