

SPANISH LENTIL STEW

SERVES 6 / PREPARE 15 MINS / COOK 30 MINS

Ingredients

2	Large red onion, finely chopped	400g	Green (or puy) lentils
2	Fat garlic cloves, finely chopped	1 l	Water or vegetable stock
2	Stick of celery, finely chopped	2	Bay leaves
400g	Peeled tinned tomatoes	2 tbsp	Almonds chopped or flaked, not ground
2	Medium carrots, peeled and chopped	1l	Vegetable stock or water
1	Medium parsnip, peeled and cubed	2 tbsp	Breadcrumbs
2	Medium potatoes, scrubbed and cubed	1 tsp	Sweet paprika
		2 tbsp	Refined olive oil
		200 g	Baby spinach
		Handful	Chopped parsley

Instructions

Heat up the oil in a large saucepan and once hot (but not smoking) add the onion, garlic and sauté for 15 minutes or until soft but not browning. Lower the heat and add the paprika. Continue frying and stirring for a couple of minutes.

Once the veggies are nice and soft, add the cubed carrots, parsnips and potatoes, bay leaves, tomatoes, lentils, and water (or stock if you prefer) to cover it all. (about 1 lt.).

Bring to the boil and simmer until the lentils and vegetables are cooked and the water/stock has reduced (about 20-25 min). While the stew is still hot, add the spinach so they wilt without losing their green colour.

In a separate pan, add a drizzle of olive oil and gently fry the chopped almonds and bread crumbs, watch them as they burn easily. Reserve until ready to serve.

VARIATION: For a spiced version, leave out the paprika and add 200g of cubed chorizo sausage chopped in small cubes.

LEFTOVERS DISH: you can use any leftover sausage from a tray bake or BBQ.

Serve garnished with chopped parsley and sprinkle of the almond and breadcrumbs mixture.

You could also bake a piece of cod in the oven and top your lentils with it



Nutrifacts



Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Carrots are high in FIBRE that helps intestinal health & transit; contain VITAMIN C that supports the immune system and β CAROTENE a powerful antioxidant.

Lentils are a great source of PROTEIN as they are lean and contain good levels of FIBRE to keep our gut in check. **Lentils** however do not have complete protein as that from animal sources. Mixing lentils with a grain like rice completes the amino-acid chain and the protein becomes complete.

Almonds are high in FIBRE and vegetarian protein and a good source of DAIRY-FREE CALCIUM for healthy teeth and bones.

Tomatoes are high in FIBRE that helps to maintain a healthy digestive system and keeps us fuller for longer, VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and helps support our immune system, and the carotenoid LUTEIN that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health and lycopene which helps protect against prostate cancer.