

Ingredients

Serves 5, 25 or 50

	5 SERVES (1 loaf)	25 SERVES (5 loaves)	50 SERVES (10 loaves)
Water	2 cups	10 cups	20 cups
Brown lentils, dry	1 cup	5 cups	10 cups
Brown onion, diced	1 small	5 small	10 small
Quick oats	1 cup	5 cups	10 cups
Tasty cheese, grated	1 cup	5 cups	10 cups
Carrot, grated	1 medium	5 medium	10 medium
Egg, lightly whisked	2	10	20
Tomato sauce	3 tbs	1 cup	2.5 cups
Barbeque sauce	3 tbs	1 cup	2.5 cups
Garlic powder	1 tsp	1 ¼ tbs	2.5 tbs
Basil, dried	1 tsp	1 ¼ tbs	2.5 tbs
Parsley, dried	1 tbs	½ cup	1 cup



Tips:
Tinned lentils can be used in place of dry lentils

Roll mixture into patties and bake on a lined tray to create a nutritious finger food snack



Method

1. Preheat oven to 180°C and line standard loaf tins (23 x 13 x 7cm) with baking paper.
2. Boil water in a large saucepan, add lentils and cook for approximately 30 minutes or until soft (most of the water should be evaporated). Once cooked, remove from heat, drain remaining water and lightly mash lentils (leave some lumps for texture). Transfer to a large mixing bowl and allow to cool slightly.
3. To the lentils, add onion, oats, cheese and carrot and mix to combine. Add egg, sauces, garlic powder, basil and parsley and mix well. Season to taste.
4. Transfer mixture to prepared loaf tin and smooth the top with a knife or spoon. Bake for 30-45 minutes or until cooked through and golden brown. Cool on a wire rack for 10 minutes and serve in slices. Best served with chutney, relish or extra barbeque sauce.

Nutrition, hints and tips

- Lentils are rich in protein, fibre and non-haem iron, making them an excellent meat alternative for those following a vegetarian diet, particularly for roast dinners or BBQs.
- Baste the loaf with extra barbeque sauce while cooking for a tasty glaze.
- Easy to modify with other sauces (e.g. Worcestershire) or vegetables such as mushrooms, grated zucchini or celery.