

Lentil Loaf

Ingredients – Serves 12

- 2 cups water
- 1 cup brown lentils, dry
- 1 small onion, diced
- 1 cup quick oats
- 1 cup grated cheese
- 1 medium carrot, grated
- 2 eggs, lightly whisked
- 3 Tbs tomato sauce
- 3 Tbs BBQ sauce
- 1 tsp basil, dried
- 1 tsp parsley, dried



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.