Dinner

Parmesan lentil pie with herbed crust

A crisp herb pastry tops a bubbling filling of red lentils, tender vegetables and Parmesan.

95 min	386	47 g	11.4 g
time	calories	carbs	sugars



Low sugar

Ingredients, 3 servings

For the pastry

- [ ] 100 g plain flour
- [ ] 1 tbsp chopped fresh herbs
- [ ] 1 small egg, beaten
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp water

For the filling

- [ ] 1 tsp olive oil
- [ ] 1 small onion, chopped
- [ ] 1 clove garlic, crushed
- [ ] half red pepper, chopped
- [ ] 100 g cauliflower, cut into florets
- [ ] 1 small courgette, sliced
- [ ] 1 stick celery, sliced
- [ ] 1 small carrot, grated
- [ ] 50 g red lentils
- [ ] 1 x 400g can chopped tomatoes
- [ ] 200 ml low-salt vegetable stock
- [ ] 15 g grated Parmesan cheese
- [ ] 1 tbsp mixed fresh herbs, chopped
- [ ] freshly ground black pepper

Nutrition Facts

Per serving

Calories	**386**
Total fat	13.5 g
Saturated fat	3.2 g
Sodium	Not listed
Total carbs	47 g
Fiber	7.1 g
Total sugars	11.4 g
Protein	15.6 g

Method

- [ ] **1** Start with the pastry. Fork the plain flour together with the chopped fresh herbs, beaten egg, olive oil and water in a bowl until a dough forms.
- [ ] **2** Shape the dough into a ball and chill it for at least 30 minutes.
- [ ] **3** Meanwhile, heat the oven to 200ºC/gas 6.
- [ ] **4** For the filling, warm 1 tsp olive oil in a large frying pan, then cook the chopped onion, crushed garlic and red pepper for 3 minutes until they begin to soften.
- [ ] **5** Tip in the cauliflower, courgette, celery and grated carrot and fry for a further 3 minutes.
- [ ] **6** Stir in the red lentils, chopped tomatoes, low-salt vegetable stock, grated Parmesan cheese, mixed fresh herbs and freshly ground black pepper, bring to the boil, then simmer for 10 minutes until the vegetables are nearly cooked.
- [ ] **7** Spoon the filling into a pie dish, roll out the chilled pastry and lay it over the top.
- [ ] **8** Bake for 25-30 minutes until the pastry turns golden and crisp.

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