

Lentils with baked feta & tomatoes

Recipes that can be prepped in just a few minutes are always a winner. Add all the ingredients to an AMC 28 cm Gourmet Chef's Pan and let the oven do the rest. The well-known combination of tomatoes, herbs, feta, balsamic vinegar and olive oil is a delicious base to add to lentils for a vegetarian meal or side dish.

INGREDIENTS

Serves 4

2 leeks, halved and thinly sliced
500 g mixed baby tomatoes, halved or quartered
2 slices feta cheese
30 ml (2 tbsp) olive oil
30 ml (2 tbsp) balsamic vinegar
finely grated rind and juice of 1 lemon
2 handfuls fresh herbs of your choice, like basil, Italian parsley, origanum and thyme
salt and pepper
250 ml (1 cup) uncooked brown lentils

METHOD

1. Preheat the oven to 200 °C.
2. Place the leeks, tomatoes and feta in a single layer in an AMC 28 cm Gourmet Chef's Pan. Pour over the oil and balsamic vinegar with half the lemon rind and some of the herbs. Season to taste.
3. Roast for 25-30 minutes or until the tomatoes are cooked.
4. Meanwhile, place lentils with 625 ml (2½ cups) water in an AMC 20 cm Gourmet Low. Heat over a medium temperature with the lid on until the Visiotherm® reaches the first red area.

5. Simmer lentils for 25-30 minutes or until just cooked, but not mushy. (Don't add salt as it will prevent the lentils from softening.)
6. Remove the lentils from the heat, rinse and drain well.
7. Gently mash the warm feta in the AMC 28 cm Gourmet Chef's Pan with a spoon. Add the lentils and mix through.
8. Sprinkle with remaining lemon rind and herbs. Serve as a side dish or light vegetarian meal.

TIPS & VARIATIONS

Serve this dish with dollops of your favourite pesto, if preferred.

