

Mediterranean Lentils

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Lentils are cooked with marinated mushrooms, tomatoes and olives in this nutritious and delicious lentil dish. If you want to, serve it with chicken or beef steaks for a bit of extra protein.

Ingredients:

450g chestnut mushrooms
375g dried lentils
1 x 400g tin chopped tomatoes
125ml vegetable or chicken stock
75g pitted black olives, thinly sliced
4 tbsp. extra-virgin olive oil
Juice and zest of one lemon
1 tsp. dried thyme and oregano
Salt and pepper

Directions:

1. Halve the mushrooms. In a bowl, combine oil, lemon juice, zest, thyme, oregano, salt and pepper. Add the mushrooms and toss to coat, then set to one side for an hour.
2. Rinse the lentils and put into a saucepan with some salt and plenty of water. Bring to the boil, reduce to a simmer and cook for 15-20 minutes until tender. Drain.
3. Heat a large frying pan. Add the mushrooms and their marinade. Fry over a medium heat, until the mushrooms are golden brown and have released all their juices.
4. Add the cooked lentils, tomatoes, stock, olives and salt and pepper to taste. Stir and then simmer for about 10 minutes until the sauce thickens and the mushrooms are tender.

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