

Lentil and Cheese Roast



This is a delicious dish and will be loved by both vegetarians and non vegetarians. On a hot summer day this will be the perfect accompaniment to a fresh green salad.

I have used a tin of ready cooked green lentils but you can use dried if you prefer. You will of course have to boil them and let them cool before adding them to the mixture.

To make this loaf you will need a loaf or pate tin that fits in the inner pot. The tin will need a cover of eco friendly aluminium foil to stop the droplets of water from dripping on the surface of the roast. I used one a Mr. D s bread tins which has a lid and therefore is ideal.

INGREDIENTS

" oil or butter to coat the inside of the loaf tin

" 100g fresh breadcrumbs, toasted until they are golden colour

" 225g tin green or red lentils, cooked

" 225g grated vegetarian cheddar cheese

" 2 tbsp fresh breadcrumbs

" 1 leek, finely chopped

" 125g mushrooms, finely chopped

" 2 tbsp parsley, chopped

" 1 tbsp lemon juice

" 2 eggs, lightly beaten

" ½ tsp salt

" ½ tsp pepper

METHOD

1. Grease the loaf tin well and coat with half the toasted breadcrumbs making sure that they stick to the sides.
2. In a bowl mix together all the rest of the ingredients.
3. Spoon the mixture into the loaf tin. Smooth the surface and cover with a layer of the toasted breadcrumbs.
4. Cover the tin either with eco friendly aluminium foil or a lid.
5. Put a trivet in the inner pot and place the loaf tin on it.
6. Fill with hot water $\frac{3}{4}$ of the way up the side of the tin.
7. Bring to the boil and then turn down to a simmer.
8. Put on the lid and simmer for 15 minutes.
9. Turn off the heat and place the inner pot into the insulated outer container.
10. Shut the lid and thermal slow cook without power for a minimum of 4 hours. It can be left longer.
11. Serve hot with cooked vegetable or cold with salad.

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.