



ST PETER'S  
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 1

## Aromatic Lentils with Peppers & Tomatoes

### The Well Recipe Card

- ½ an onion – diced (1cm)
- 1 pepper – diced (2-3cm)
- 2 cloves garlic – finely chopped
- 2 tsp aromatic spice blend
- 100g red lentils
- 200ml water
- ½ stock cube
- 200g chopped tomatoes
- 100g fresh salad or cherry tomatoes – diced or halved

Optional: fresh tomatoes, Greek yoghurt, spiced nuts & seeds, flat bread, feta cheese, olives, olive oil, fresh herbs

**Prepare vegetables as described.**

**Place onion into saucepan with a little oil and cook over medium heat until soft (3-4 mins).**

**Add diced peppers and cook until they start to soften (3-4 mins).**

**Add garlic and cook out for 30 seconds before adding the spices and cooking for another 30 seconds, stir frequently to avoid spices from smoking, reduce heat if needed.**

**Add the lentils, water, vegetable stock cube and chopped tomatoes. Cook everything on a low heat until the lentils are soft (20-25 mins), adding a splash more water if or when required.**

**Check for seasoning adding more salt and pepper as desired.**

**Serve topped with fresh tomatoes and any optional extras.**

