

Slow Cooked Spiced Root Veg & Lentil Casserole



To serve

Serves:

6 - 8 portions

Preparation time:

20 mins

Cook time:

5 - 6 hours

You will need:

- 1 onion, chopped
- 3 carrot, chopped into 3cm thick slices
- 3 cloves or garlic, crushed
- 5 parsnips (about 300g, chopped into 3cm thick slices
- 2 tablespoons curry powder
- 1 low salt vegetable stock cube, made up to 600ml with boiling water
- 1 tablespoon smoked paprika
- 150g red lentils, rinsed
- 2 bay leaves
- Lemon juice, to serve (optional)

Method:

- Set the slow cooker to low.
- Add the chopped onion, the thick slices of garlic, the 3 chopped carrots and 5 chopped parsnips, along with the red lentils, the low salt vegetable stock, the 2 bay leaves and the spices and stir gently until combined.
- Close the lid and cook on low for 5-6 hrs until the vegetables are tender and the sauce has thickened.
- Stir in the lemon juice to taste.

Serving Suggestions:

Slow cooker recipes are ideal for batch cooking and are versatile dishes which can be used for several meals. Here are some suggestions for how to serve your slow cooker spiced root vegetables and lentil casserole:

Jacket potatoes - Serve your spiced root vegetables and lentil casserole on top of a jacket potato with a side salad.

With rice - Serve your spiced root vegetables and lentil casserole with a portion of brown rice. And your favourite vegetables.

Shepherd's Pie - Make a shepherd's pie with leftover root vegetables and lentil casserole by spooning it into a flat dish, topping with mashed potatoes and baking in the oven until piping hot.

With your favourite veg - Serve your casserole with a portion of your favourite vegetables.

With pasta as a bolognese - Use your casserole as a bolognese sauce and stir through cooked pasta for a take on spaghetti bolognese.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.