



## Richly Braised Lentils



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 2 tbsp olive oil extra virgin
- ☐ 2 garlic cloves peeled finely sliced
- ☐ 2 medium onions peeled cut into 5mm dice
- ☐ 2 servings grinding of salt and pepper good
- ☐ 1 pinch sugar generous
- ☐ 3 tbsp tomato purée
- ☐ 400 g tomatoes chopped canned tinned

- ☐ 700 ml water
- ☐ 375 ml gutsy red wine such as cabernet sauvignon
- ☐ 250 g puy french

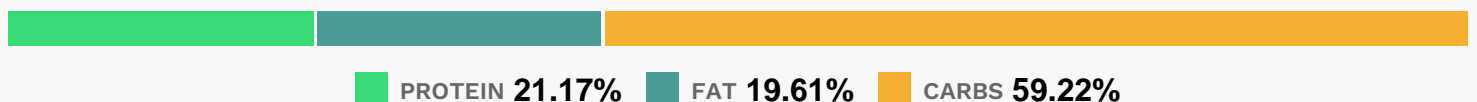
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat your oven to 170c/150c fan/325f/gas mark 3.
- ☐ Start with the onions. Get a large ovenproof pan.
- ☐ Add the onions, garlic, extra virgin olive oil and 2 tbsp of water. Cover the pan and put it on a medium heat. Sweat for 7–10 minutes until the onions and garlic are soft, adding an extra 2 tbsp of water if they start to dry out. Take the lid off.
- ☐ Add the tomato puree. Turn the heat to high. Fry, stirring constantly, for 2 minutes, watching carefully, until the tomato puree is lightly browned. When it smells like sun-dried tomatoes, it's ready.
- ☐ Add the red wine and lentils. Bring to the boil and boil until the wine has reduced by half.
- ☐ Add the tinned tomatoes, bay leaves and the 700ml water. Boil for 5 minutes.
- ☐ Cover the pan and put in the oven. Braise the lentils for 30 minutes. Take of the lid. Braise for a further 30 minutes, stirring twice, or until the lentils are tender but still holding their shape.
- ☐ When the lentils are cooked, the liquid should be thick and just at the level of the lentils. If there is too much liquid, boil for 1–2 minutes. Season to taste with salt, sugar and pepper. Cover the pan tightly and leave to sit for 10 minutes to allow the lentils to soak up the seasonings.

## Nutrition Facts



## Properties

Glycemic Index:82.55, Glycemic Load:6.99, Inflammation Score:-9, Nutrition Score:21.739565279173%

## Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 5.55mg, Isorhamnetin: 5.55mg, Isorhamnetin: 5.55mg, Isorhamnetin: 5.55mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg

## Nutrients (% of daily need)

Calories: 871.58kcal (43.58%), Fat: 16.05g (24.69%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 109.02g (36.34%), Net Carbohydrates: 63.81g (23.2%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 495.04mg (21.52%), Alcohol: 19.97g (100%), Alcohol %: 2.49% (100%), Protein: 38.97g (77.94%), Fiber: 45.22g (180.86%), Iron: 12.81mg (71.15%), Vitamin C: 36.32mg (44.02%), Vitamin E: 5.01mg (33.42%), Manganese: 0.61mg (30.37%), Copper: 0.54mg (27.17%), Vitamin B6: 0.5mg (25.06%), Potassium: 864.71mg (24.71%), Vitamin K: 20.33µg (19.37%), Calcium: 192.77mg (19.28%), Magnesium: 60.9mg (15.22%), Vitamin B3: 2.95mg (14.73%), Vitamin B1: 0.21mg (14.17%), Folate: 49.81µg (12.45%), Vitamin A: 561.05IU (11.22%), Phosphorus: 110.2mg (11.02%), Vitamin B2: 0.16mg (9.22%), Vitamin B5: 0.81mg (8.15%), Zinc: 0.89mg (5.92%), Selenium: 2.35µg (3.36%)