

# Lentil and vegetable cobbler

**This low cost recipe is packed with fresh vegetables, and it's finished off with a topping of tasty scones. Yum!**

**Serves:** 4 adults

**Preparation time:** 25 mins

**Cooking time:** 40 mins

## Ingredients:

2 tsp olive oil  
1 garlic clove crushed  
1 medium onion chopped  
2 celery sticks sliced  
1 medium-sized parsnip chopped  
2 carrots sliced  
2 handfuls cauliflowers  
2 handfuls mushrooms (cup or button) sliced  
1 can chopped tomatoes  
75g dried red lentils  
2 tbsp cornflour  
450ml reduced salt vegetable or chicken stock  
1 tbsp fresh parsley chopped  
1 pinch ground black pepper  
150g self-raising flour  
45g low-fat spread  
1 egg  
30ml semi-skimmed milk

## What to do:

1. Preheat the oven to 180°C, fan 160°C, gas mark 4.
2. Heat the olive oil in a large saucepan and cook the garlic and onion for 2-3 minutes. Add the celery, parsnip, carrots and cauliflower and stir-fry for 2-3 minutes more. Remove from the heat and add the mushrooms, tomatoes and lentils.
3. Mix the cornflour with 3-4 tbsp of water and add to the saucepan with the vegetable stock and parsley. Return to the heat and bring to the boil to thicken the mixture. Season with pepper, transfer to a casserole dish, then cover and bake for 20 minutes.
4. Meanwhile, sift the flour into a large bowl. Rub in the low-fat spread with your fingertips. Beat the egg and milk together and add just enough to the dry mixture to make a soft dough. Knead lightly, then roll out on a lightly floured surface to a thickness of 2 cm and cut into 4 cm rounds.
5. Remove the casserole from the oven and raise the temperature to 200°C, fan 180°C, gas mark 6. Arrange the scones around the edge of the dish and brush with the remaining egg and milk. Return to the oven, without a lid, and cook for a further 12-15 minutes, until the scone topping is risen and golden brown.

**Tip 1:** When cutting out the rounds of dough, avoid twisting the cutter or the scones won't rise as much.

**Tip 2:** If you don't like some of the suggested vegetables, replace them with your favourites - perhaps broccoli, sweet potato or green beans.



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**Notes:**

This recipe has been taken from the Change4Life 'Supermeals for under a fiver' cookbook

**Nutritional information:**

Per adult portion (i.e. ¼ recipe)

405 kcals

15g protein

10g fat, of which 2g saturates

68g carbohydrate, of which 14g sugars

8g dietary fibre

605mg sodium

1.5g salt

