

Lentil Meatloaf

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In this simple baked meatloaf, lentils are baked with eggs, oats and flavourings to create a delicious meatloaf with a pizza-style flavour. If you want to, add some chopped bacon or ham, or keep it veggie. Serve it with salad.

Ingredients:

225g tinned red lentils, drained (1 x 400g tin)
90g porridge oats
350g extra-sharp mature cheddar cheese, grated
2 tomatoes
1 onion
1 egg
3 tbsp. garlic puree
2 tbsp. tomato puree
8 tbsp. tomato ketchup or passata
2 tbsp. each dried oregano and basil
Salt and pepper to taste

Directions:

1. Dice the onion and thinly slice the tomato. Preheat the oven to 190C.
2. Combine drained lentils, oats, 1/3 of the cheese, diced onion, oregano, basil and salt and pepper. Stir well. Add ketchup, tomato puree and garlic puree. Stir well to combine.
3. Beat the egg and stir to combine, then press the mixture into a loaf tin. Bake for 35 minutes, then sprinkle the rest of the cheese on top and then layer the tomato on top of the cheese. Bake for another 10-15 minutes, until the cheese is melted and bubbling.

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