Roasted Root Vegetable and Lentil Bake

4 vegetable-and-lentil bake portions · Active 30 min · Total 1 hr 10 min

Skills: Easy

Ingredients

• 2 medium carrots, cut into 1/2-inch pieces (200 g)

• 2 small parsnips, cut into 1/2-inch pieces (200 g)

• 1 medium potato, cut into 1/2-inch cubes (200 g)

• 1 tablespoon olive oil (15 ml), divided

• 1/2 teaspoon fine salt, divided

• 1 small onion, finely chopped (100 g)

• 2 garlic cloves, minced

• 1 teaspoon dried thyme

• 1 can chopped tomatoes (14.5 oz/411 g)

• 2 cans cooked green lentils (15 oz/425 g each), drained and rinsed

• 1/4 teaspoon ground black pepper

• 3/4 cup grated cheddar (75 g)

Set out

Conventional oven, Rimmed baking tray, Skillet, 8-by-8-inch baking dish, Food thermometer

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Toss carrots, parsnips and potato with 2 teaspoons oil and half the salt. Roast on the tray for 25–30 minutes, turning once, until nearly tender and browned in places.

2. Meanwhile, heat remaining oil in the skillet over medium. Cook onion for 5 minutes, add garlic and thyme for 30 seconds, then add tomatoes, remaining salt and black pepper. Simmer for 8 minutes until thick.

3. Fold drained lentils into the sauce and heat for 3 minutes. Spread in the baking dish and top with roasted vegetables.

4. Sprinkle with cheddar and bake for 12–15 minutes until bubbling and the center reaches 165°F/74°C. Rest for 5 minutes before portioning.

Portions cool more usefully than a whole dish

Cut the bake once it has rested and transfer the portions into shallow containers. A deep baking dish stays hot in the middle and takes up refrigerator space that could hold several ready-to-use portions.

A useful detail

Parsnips can have woody central cores when large. Remove any tough core before cutting the measured pieces.

Keep it well

Refrigerate in shallow individual containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days, or freeze for up to 2 months. Reheat covered to 165°F/74°C; uncover briefly if refreshing the cheese top.