Eggplant, Lentil and Potato Bake with Yogurt Crust

4 layered vegetable-and-lentil portions, one-quarter of the baking dish each · Active 40 min · Total 1 hr 40 min

Skills: Coordinating two roasting trays and layering a vegetable bake

Ingredients

- 2 medium eggplants, sliced 1/3 inch/8 mm thick (600 g prepared)
- 4 medium potatoes, sliced 1/4 inch/6 mm thick (600 g prepared)
- 4 tablespoons neutral oil (60 ml), divided: 2 tablespoons/30 ml for eggplant, 1 tablespoon/15 ml for potatoes and 1 tablespoon/15 ml for sauce
- 1 medium onion, finely chopped (150 g prepared)
- 3 garlic cloves, minced (9 g prepared)
- 1 can crushed tomatoes (14 oz/400 g)
- 2 cans cooked lentils, drained and rinsed (480 g drained total)
- 1 tablespoon tomato paste (16 g)
- 1 teaspoon dried oregano (1 g)
- 1 teaspoon fine salt (6 g), divided: 1/4 teaspoon/1.5 g each for eggplant and potatoes, and 1/2 teaspoon/3 g for filling
- 1/2 teaspoon ground black pepper (1 g)
- 1 1/4 cups plain yogurt (300 g)
- 2 large eggs (100 g without shells)
- 1/4 cup grated cheddar (30 g)

Set out

2 large baking trays, baking paper, knife and board, wide skillet, mixing bowl and whisk, 3-quart/3 L baking dish about 9 by 13 inches/23 by 33 cm, broad serving spatula, food thermometer

Allergens

milk, egg. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C and line both trays. Toss eggplant with 30 ml oil and 1.5 g salt on one tray. Toss potatoes with 15 ml oil and 1.5 g salt on the other. Spread in single layers; roast for 25–30 minutes, turning once and swapping tray positions, until the eggplant is soft and potatoes nearly tender.

2. Meanwhile, heat the final 15 ml oil in the skillet over medium heat. Cook onion for 7 minutes, add garlic for 30 seconds, then tomatoes, drained lentils, tomato paste, oregano, the remaining 3 g salt and pepper. Simmer uncovered for 12–15 minutes until thick, stirring regularly.

3. Reduce the oven to 375°F/190°C. Spread half the potato slices over the baking dish base, then half the eggplant and half the lentil filling. Repeat with the remaining potatoes, eggplant and filling. Do not pack above the dish rim.

4. Whisk yogurt and eggs until smooth. Spread over the top layer, then scatter all the cheddar over it. Bake for 30–35 minutes until the topping is set, lightly golden at the edges and the center of the assembled bake reaches 165°F/74°C.

5. Rest the dish for 10 minutes, then cut or scoop into 4 equal portions using a broad spatula. Divide all layers and topping evenly between the plates.

Canned and batch-cooked lentils

Canned lentils make the starting state predictable. A measured leftover batch is suitable only when promptly chilled and still within its original safe storage window.

Ingredient labels

Check tomato paste and canned lentil labels for additional allergens. The base recipe uses plain yogurt and cheddar, both containing milk.

A useful detail

The oven does two jobs at different temperatures: first soften the sliced vegetables on open trays, then set the assembled yogurt topping. Do not omit the first stage.

Keep it well

Divide leftovers into shallow portions and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. If using previously cooked lentils, keep to their original storage deadline rather than starting a new three-day period. Reheat only the portion needed to 165°F/74°C throughout.