



CHARLONS

DAY 6 – STARTER

Lentil and Bean Bake with mash potatoes top, braised red cabbage, green beans

(V), (VG), (LF), (GF)

Serves – 10 Person

Recipe Ingredients

- 225g chickpea flour
- 1 tsp baking powder
- ¾ tsp salt
- 1 tsp frozen garlic or 1 garlic clove crushed and chopped
- 150g tinned corn
- ½ a red pepper diced
- ¼ white onion diced or 2 tbsps. of frozen onion defrosted
- 2 balls of spinach defrosted and water squeezed out then roughly chopped
- 300ml cold water

Evening preparation

5.30pm

- 1 Pre heat oven to 180 degrees
- 2 In a large mixing bowl, combine the chickpea flour, baking powder, salt and mix.
- 3 Then whisk in the water to the mixing bowl
- 4 Add all other ingredients to the mixing bowl and mix in well
- 5 Transfer to a large measuring jug
- 6 Take your silicon baking tray and place on top of an oven tray to keep flat once filled
- 7 Carefully fill each individual portion hole until 2/3 millimetres from the top
- 8 Place oven tray with silicon tray on top into pre heated oven and cook for 35 minutes
- 9 Once timer goes off turn off oven and leave to cool a little for 5/10 minutes
- 10 Once left to cool take out and set aside to cool, around 20 minutes
- 11 While still a little warm pop out our individual portions and set aside ready to be reheated to serve



7.00pm

- 1 To reheat place in a preheated 180 degrees for 5 minutes and same garnish as the quiche of mixed salad dressed with olive oil, seasoning and balsamic

