

LENTIL LOAF

1 tab oil
1 onion
425g brown lentils
half cup chopped pecans, lightly toasted (or other nuts as I did)
half cup dried breadcrumbs ,
three quarters cup tomato sauce
2 tab flour, (I used cornmeal)
half tsp salt or to taste
chopped nuts for the top

- 1 Heat the oil, sauté onion
- 2 Combine with remaining ingredients, except the extra nuts
- 3 Place mixture into lightly greased loaf tin and sprinkle with reserved nuts.
- 4 Bake in a moderate oven, 180c for 45 minutes

The recipe said to use savoury lentils, I cooked some lentils and then added some herbs from the garden. I also added some cooked brown rice and chopped vegetables plus extra water...