

# MARRY ME LENTILS

Serves 4

Per Serve:

Calories: 450 Protein: 24g, Fat: 20g, Carbs: 40g, Fibre: 14g

## INGREDIENTS

½ cup of sundried tomatoes in oil, drain the tomatoes and keep the oil

4 garlic cloves crushed

1 cup of onion diced

1 tablespoon of Italian seasoning

2 tablespoons of tomato paste

1 ½ cups of dry red lentils

1 tablespoon of soy sauce

2 ½ cups of veggie stock

1 can of light coconut milk

3 tablespoons of nutritional yeast

1 tablespoon of salt & pepper

2 cups of spinach

1 tablespoon of lemon juice

Optional parsley for garnish

## DIRECTIONS

Heat a large pan over a medium heat add the drained sundried tomatoes, 2 tablespoons of the SDT oil, garlic, onion, tomato paste and spices cook for 2-3 minutes

Add the remaining ingredients other than the spinach and lemon juice, cook for 15-20 minutes until the lentils have softened

Stir in the lemon juice and spinach, cook until the spinach has wilted

Top with parsley to serve

