

LENTIL, POTATO AND CHICKPEA STEW



This weeks Recipe of the Week is a delicious stew made with our favourite French puy lentils, creamy potato and chickpeas. The preserved lemon and parsley in this dish add a hint of freshness. This recipe is perfect for the cooler weather. Enjoy.

Ingredients:

8 *waxy potatoes* with skin left on, halved lengthways

1 cup of *French puy lentils*, cooked

1 cup of *chickpeas*, cooked

Pink salt and freshly ground *black pepper*

2 tablespoons of finely chopped *preserved lemons*

1 cup *vegetable stock*

1 tablespoon of *extra virgin olive oil*

1/4 cup *lemon juice*, freshly squeezed

1 teaspoon *cumin seeds*

a handful of finely chopped *fresh mint & flat leaf parsley*

100g of *pecorino cheese* (or equivalent), shaved

Method:

Heat your slow cooker to high.

Put the potatoes, lentils and chickpeas into the slow cooker and season generously with salt and pepper.

In a small bowl, combine the lemon, vegetable stock, olive oil, lemon juice, cumin seeds, fresh mint and chopped parsley. Pour into the slow cooker, cover and cook for 2 hours. Turn the slow cooker down to low and cook for 1 more hour, until the potatoes are cooked through. Serve on a large platter, garnished with extra flat leaf parsley and the shaved pecorino cheese. Enjoy.

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