

Cerridwen's Cauldron Inspired Recipes



Lentil-Nettle Vegetable Stew

INGREDIENTS

- 210 grams dry green lentils
- 1 leek, chopped
- 2 tablespoons of olive oil
- 4 roma tomatoes, seeded and chopped
- 1 litre vegetable stock
- 1 tablespoon herbs de provence
- 1 bay leaf
- 2 carrots, diced
- 1 medium potato, diced
- 1 capsicum (red sweet pepper), diced
- 2 handfuls of spinach, rinsed and chopped
- 1 handful of nettle, chopped
- salt and pepper to taste



DIRECTIONS:

1. Rinse lentils
2. In a saucepan with lid on medium-low heat, cook chopped leeks in olive oil for a few minutes until soft.
3. On medium-high heat; add the remainder of ingredients and bring to a boil; reduce heat to medium-low, stir, and place lid on saucepan.
4. Cook on medium-low heat for 20 minutes or until vegetables are soft and lentils are soft.

To serve: add a drizzle of olive oil on top with dried crushed nettle and french bread.