

OVERALL time: 45 mins

SMOKY VEGGIE-LADEN LENTILS WITH POACHED EGGS

Looking for meatless Monday inspiration? Then look no further than this recipe for smoky lentils with poached eggs. Lentils are so good for you, but we're upping the nutritional ante by packing it with loads of veggies. Top the lentils with runny poached eggs and it's a complete balanced meal.

Metric

Number of servings : 2

ingredients

Main

- 3 Plump cloves garlic, finely sliced
- 1 Yellow pepper, finely sliced or diced
- 2 ml Salt
- 400 g Tin of lentils, rinsed and drained in a colander
- 4 Large free range eggs
- 22 ml **Cape Herb and Spice Smoked Paprika**
- 8 Sprigs coriander, roughly chopped

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 30 mins

Add the olive oil to a large non-stick pan along with the onions, garlic, peppers, chilli, salt and sugar. Fry over medium-low heat until vegetables are soft. Add the smoked paprika and fry for a further two minutes. Add the lentils, spinach and coriander to the veggies and stir well to combine. Taste and see if it needs a bit more salt. Place lid on and remove from the heat at this point - the residual heat will be sufficient to wilt the spinach and coriander and keep the lentils warm.

To make the poached eggs, fill a large shallow saucepan with water and bring it to the boil. Break the eggs into small ramekins or cups. Turn the heat down so the water is just barely simmering. Gently pour the eggs into the water. Top lentils with poached eggs and garnish with a few sprigs of coriander or some micro herbs.

Recipe concept & photography by Lizet Hartley. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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