Vegan Lentil Loaf

To be honest I rarely follow a recipe for lentil loaf as I tend to use what I have in the cupboard. If you are a precise cook this may not be the recipe for you as the quantities are also a guess!

But, this is delicious and you can adapt to your taste – use whatever veg is in season. I often add nuts and seeds to it. It will fill a 2lb tin.

Makes at least 4 generous portions.

Fan Oven 170C

I mug of lentils (I prefer puy or similar)

I courgette

I pepper – not green

Swiss chard or spinach

1 fresh chilli

1 inch fresh ginger

1 inch fresh turmeric or 1tsp ground

1tsp cumin - whole

1tsp coriander – seeds or ground

1tsp black mustard seeds

1tbsp chia seeds

5 tsp psyllium husks

Coconut oil

Sunflower seeds (optional)

Rinse the lentils well and cook until slightly al dente. Set to the side.

Dry fry the cumin, coriander, mustard seeds for 1min. Add dessert spoon of coconut oil and melt, and then grate in the ginger, chopped chilli. Cook for a minute. Add in salt, pepper and turmeric.

Chop the pepper and courgette into small 5mm pieces so they cook easily and quickly and add to the spices and cook for about 5mins – or until 'done'.

Add the lentils and chia seeds and mix well. Add in the spinach or chard. Mix well. Now add the psyllium and mix really well. Check for seasoning. Add more of what you fancy if you need to. When all is well put mixture into 2lb tin, sprinkle sunflower seeds on top and bake for around 30mins until 'set'.

 I have added the pretend cheese you can get and it works well...or if you aren't vegan you can use normal cheese. Also, if you are not vegan, then use egg rather than psyllium. Make it your own...this is just a suggestion.

It freezes well too if you cut into slices and freeze them individually! Not that I like frozen food!!